

**Food ID:** K004**Food name and Description:** Margarine**Scientific name:** N/A**Alternate/Common name(s):** Margarina**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	10.9
Energy, calculated (kcal)	831
Protein (g)	0.3
Total Fat (g)	91.9
Carbohydrate, total (g)	0.5
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	19
Phosphorus, P (mg)	14
Iron, Fe (mg)	0
Sodium, Na (mg)	752

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	313
beta-Carotene (µg)	408
Retinol Activity Equivalent, RAE (µg)	346
Thiamin, Vitamin B1 (mg)	2.79
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	17.39
Fatty acids, monounsaturated, total (g)	43.22
Fatty acids, polyunsaturated, total(g)	27.89
Cholesterol (mg)	0