



**Food ID:** K006

**Food name and Description:** Margarine, fortified

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	8.6
Energy, calculated (kcal)	818
Protein (g)	0.1
Total Fat (g)	90.8
Carbohydrate, total (g)	0
Ash, total (g)	3.3

## **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)	7
Phosphorus, P (mg)	5
Iron, Fe (mg)	0.5
Sodium, Na (mg)	724

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	805
beta-Carotene (µg)	1870
Retinol Activity Equivalent, RAE (µg)	961
Thiamin, Vitamin B1 (mg)	14.79
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	16.76
Fatty acids, monounsaturated, total (g)	42.91
Fatty acids, polyunsaturated, total(g)	28.32
Cholesterol (mg)	0