

**Food ID:** K011**Food name and Description:** Sandwich spread**Scientific name:** N/A**Alternate/Common name(s):** N/A**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	42.9
Energy, calculated (kcal)	366
Protein (g)	0.7
Total Fat (g)	29.4
Carbohydrate, total (g)	24.7
Ash, total (g)	2.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.4
Sugars, total (g)	14.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	25
Iron, Fe (mg)	0.3
Sodium, Na (mg)	965

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1040
beta-Carotene (µg)	55
Retinol Activity Equivalent, RAE (µg)	1045
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.41
Fatty acids, monounsaturated, total (g)	6.4
Fatty acids, polyunsaturated, total(g)	17.29
Cholesterol (mg)	66