

**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