



**Food ID:** M003

**Food name and Description:** Candy bar, pili nut

**Scientific name:**

**Alternate/Common name(s):** Matamis na pili/Mazapan de pili

**Edible portion:** 100%

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

Water (g)	2.3
Energy, calculated (kcal)	537
Protein (g)	5.7
Total Fat (g)	30.1
Carbohydrate, total (g)	60.7
Ash, total (g)	1.2

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	41.9

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

Calcium, Ca (mg)	58
Phosphorus, P (mg)	277
Iron, Fe (mg)	5.6
Sodium, Na (mg)	155

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	4.18
Fatty acids, monounsaturated, total (g)	14.93
Fatty acids, polyunsaturated, total(g)	9.51
Cholesterol (mg)	0