



Food ID: M004

Food name and Description: Candy, custard

Scientific name:

Alternate/Common name(s): Yema

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.3
Energy, calculated (kcal)	381
Protein (g)	4.1
Total Fat (g)	1.6
Carbohydrate, total (g)	87.6
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	69.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	166
Phosphorus, P (mg)	105
Iron, Fe (mg)	0.2
Sodium, Na (mg)	159

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	165
beta-Carotene (µg)	2
Retinol Activity Equivalent, RAE (µg)	165
Thiamin, Vitamin B1 (mg)	0.2
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.71
Fatty acids, monounsaturated, total (g)	0.5
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	36