



Food ID: M008

Food name and Description: Candy, pulled

Scientific name:

Alternate/Common name(s): Tira-tira

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.4
Energy, calculated (kcal)	386
Protein (g)	0.6
Total Fat (g)	0.2
Carbohydrate, total (g)	95.4
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	69.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	-
Phosphorus, P (mg)	-
Iron, Fe (mg)	-
Sodium, Na (mg)	259

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)	-
Riboflavin, Vitamin B2 (mg)	-
Niacin (mg)	-
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0