



Food ID: M010

Food name and Description: Carageenan gel, assorted fruit-flvr

Scientific name:

Alternate/Common name(s): Gulaman, may lasang prutas

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	71
Energy, calculated (kcal)	121
Protein (g)	0
Total Fat (g)	1.2
Carbohydrate, total (g)	27.5
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	25.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	17
Iron, Fe (mg)	0
Sodium, Na (mg)	139

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

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0