



Food ID: M016

Food name and Description: Creme custard

Scientific name:

Alternate/Common name(s): Leche flan

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.4
Energy, calculated (kcal)	228
Protein (g)	5.9
Total Fat (g)	4.3
Carbohydrate, total (g)	41.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	38.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	170
Phosphorus, P (mg)	112
Iron, Fe (mg)	0.5
Sodium, Na (mg)	87

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	230
beta-Carotene (μg)	5
Retinol Activity Equivalent, RAE (μg)	230
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.25
Fatty acids, monounsaturated, total (g)	1.26
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	57