



Food ID: M019

Food name and Description: Fudge, milk

Scientific name:

Alternate/Common name(s): Pastilyas, gatas

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7.4
Energy, calculated (kcal)	370
Protein (g)	9.9
Total Fat (g)	1.4
Carbohydrate, total (g)	79.5
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	62.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	370
Phosphorus, P (mg)	224
Iron, Fe (mg)	0.6
Sodium, Na (mg)	173

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	3
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.38
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.87
Fatty acids, monounsaturated, total (g)	0.36
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	4