



Food ID: M032

Food name and Description: Masareal

Scientific name:

Alternate/Common name(s): Mazareal

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.7
Energy, calculated (kcal)	484
Protein (g)	13.9
Total Fat (g)	21.2
Carbohydrate, total (g)	59.4
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.4
Sugars, total (g)	49.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	158
Iron, Fe (mg)	1.7
Sodium, Na (mg)	427

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	42
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	43
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	8.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.79
Fatty acids, monounsaturated, total (g)	9.76
Fatty acids, polyunsaturated, total(g)	5.9
Cholesterol (mg)	7