



**Food ID:** M036

**Food name and Description:** Nata de piña, sweeten

**Scientific name:** N/A

**Alternate/Common name(s):** N/A

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	55.1
Energy, calculated (kcal)	181
Protein (g)	0.1
Total Fat (g)	0.2
Carbohydrate, total (g)	44.6
Ash, total (g)	0

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	41.4

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	4
Iron, Fe (mg)	0.7
Sodium, Na (mg)	5

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.01
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