



Food ID: M039

Food name and Description: Peanut, milk choc-coated

Scientific name:

Alternate/Common name(s): Mani, binalot sa tsokolate gatas

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.8
Energy, calculated (kcal)	506
Protein (g)	13.8
Total Fat (g)	25.2
Carbohydrate, total (g)	56
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.7
Sugars, total (g)	37.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	180
Phosphorus, P (mg)	179
Iron, Fe (mg)	1.3
Sodium, Na (mg)	87

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	11.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.98
Fatty acids, monounsaturated, total (g)	9.72
Fatty acids, polyunsaturated, total(g)	3.26
Cholesterol (mg)	7