



Food ID: M040

Food name and Description: Polvoron

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.7
Energy, calculated (kcal)	469
Protein (g)	6.8
Total Fat (g)	16.4
Carbohydrate, total (g)	73.6
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	46.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	68
Phosphorus, P (mg)	93
Iron, Fe (mg)	3.9
Sodium, Na (mg)	194

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	88
Retinol Activity Equivalent, RAE (µg)	112
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.17
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.17
Fatty acids, monounsaturated, total (g)	4.53
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	65