



Food ID: M047

Food name and Description: Syrup

Scientific name:

Alternate/Common name(s): Arnibal

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	22.6
Energy, calculated (kcal)	308
Protein (g)	0
Total Fat (g)	0.1
Carbohydrate, total (g)	76.8
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	76.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	41
Phosphorus, P (mg)	8
Iron, Fe (mg)	1.2
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

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

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0