



Food ID: N013

Food name and Description: Lechon sauce

Scientific name:

Alternate/Common name(s): Litson sarsa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.7
Energy, calculated (kcal)	118
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	27.6
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	16.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	18
Phosphorus, P (mg)	13
Iron, Fe (mg)	0.6
Sodium, Na (mg)	1164

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
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)	-