



**Food ID:** Q013

**Food name and Description:** Coffee, roasted

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	2.2
Energy, calculated (kcal)	406
Protein (g)	15.2
Total Fat (g)	7.1
Carbohydrate, total (g)	70.4
Ash, total (g)	5.1

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

Fiber, total dietary (g)	20.5
Sugars, total (g)	0

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

Calcium, Ca (mg)	219
Phosphorus, P (mg)	191
Iron, Fe (mg)	4.9
Sodium, Na (mg)	77

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	7
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	17.5
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.48
Fatty acids, monounsaturated, total (g)	0.46
Fatty acids, polyunsaturated, total(g)	3.73
Cholesterol (mg)	0