



Food ID: R001

Food name and Description: Cheese pimiento sandwich

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.5
Energy, calculated (kcal)	268
Protein (g)	9.6
Total Fat (g)	8
Carbohydrate, total (g)	39.3
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	4.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	104
Phosphorus, P (mg)	140
Iron, Fe (mg)	1.2
Sodium, Na (mg)	697

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	445
beta-Carotene (µg)	100
Retinol Activity Equivalent, RAE (µg)	453
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	6.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.16
Fatty acids, monounsaturated, total (g)	2.07
Fatty acids, polyunsaturated, total(g)	1.19
Cholesterol (mg)	29