

**Food ID:** R002**Food name and Description:** Cheese sandwich**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29.9
Energy, calculated (kcal)	302
Protein (g)	11.2
Total Fat (g)	6.2
Carbohydrate, total (g)	50.3
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	10.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	183
Phosphorus, P (mg)	302
Iron, Fe (mg)	1.6
Sodium, Na (mg)	320

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	35
Retinol Activity Equivalent, RAE (µg)	88
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.69
Fatty acids, monounsaturated, total (g)	1.38
Fatty acids, polyunsaturated, total(g)	1.3
Cholesterol (mg)	18