



Food ID: R003

Food name and Description: Cheeseburger sandwich

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.5
Energy, calculated (kcal)	250
Protein (g)	11.2
Total Fat (g)	9.5
Carbohydrate, total (g)	30
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	4.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	84
Phosphorus, P (mg)	130
Iron, Fe (mg)	17.3
Sodium, Na (mg)	441

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	112
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.18
Fatty acids, monounsaturated, total (g)	3.49
Fatty acids, polyunsaturated, total(g)	1.07
Cholesterol (mg)	28