



**Food ID:** R004

**Food name and Description:** Steamed bun, mung bean filling

**Scientific name:**

**Alternate/Common name(s):** Siopao, munggo

**Edible portion:** 100%

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

Water (g)	33.6
Energy, calculated (kcal)	279
Protein (g)	6.7
Total Fat (g)	2.9
Carbohydrate, total (g)	56.4
Ash, total (g)	0.4

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	28
Phosphorus, P (mg)	68
Iron, Fe (mg)	3.4
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.18
Fatty acids, monounsaturated, total (g)	1.13
Fatty acids, polyunsaturated, total(g)	0.38
Cholesterol (mg)	-