



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)	-