



Food ID: R009

Food name and Description: Meat pie

Scientific name:

Alternate/Common name(s): Empanada

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.2
Energy, calculated (kcal)	435
Protein (g)	11.9
Total Fat (g)	24.8
Carbohydrate, total (g)	41.1
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.5
Sugars, total (g)	2.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	86
Iron, Fe (mg)	4
Sodium, Na (mg)	555

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	14
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.96
Fatty acids, monounsaturated, total (g)	9.61
Fatty acids, polyunsaturated, total(g)	5.76
Cholesterol (mg)	35