



**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