



Food ID: R010

Food name and Description: Meat roll

Scientific name:

Alternate/Common name(s): Mechado roll

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	33.2
Energy, calculated (kcal)	313
Protein (g)	10.4
Total Fat (g)	10.4
Carbohydrate, total (g)	44.4
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	87
Iron, Fe (mg)	1.2
Sodium, Na (mg)	470

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	6
beta-Carotene (µg)	41
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.33
Riboflavin, Vitamin B2 (mg)	0.34
Niacin (mg)	3.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.92
Fatty acids, monounsaturated, total (g)	4.03
Fatty acids, polyunsaturated, total(g)	2.42
Cholesterol (mg)	15