



Food ID: R014

Food name and Description: Spaghetti, meat balls & tomato sce, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79
Energy, calculated (kcal)	83
Protein (g)	4.8
Total Fat (g)	1
Carbohydrate, total (g)	13.8
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	2.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	40
Iron, Fe (mg)	0.8
Sodium, Na (mg)	277

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	105
Retinol Activity Equivalent, RAE (µg)	134
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.35
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.14
Cholesterol (mg)	2