



Food ID: R017

Food name and Description: Egg pie

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	45.6
Energy, calculated (kcal)	228
Protein (g)	9.6
Total Fat (g)	3.5
Carbohydrate, total (g)	40
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	16.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	275
Phosphorus, P (mg)	190
Iron, Fe (mg)	0.8
Sodium, Na (mg)	383

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.35
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.71
Fatty acids, monounsaturated, total (g)	1.45
Fatty acids, polyunsaturated, total(g)	1.12
Cholesterol (mg)	10