



Food ID: R019

Food name and Description: Halu-halo, w/ ice

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.7
Energy, calculated (kcal)	82
Protein (g)	1
Total Fat (g)	0.3
Carbohydrate, total (g)	18.7
Ash, total (g)	0.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	23
Iron, Fe (mg)	0
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-