



**Food ID:** R023

**Food name and Description:** Spring roll, crab, unckd

**Scientific name:**

**Alternate/Common name(s):** Lumpia, alimango, hindi luto

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 49.3 |
| Energy, calculated (kcal) | 207  |
| Protein (g)               | 5.8  |
| Total Fat (g)             | 2.6  |
| Carbohydrate, total (g)   | 40.1 |
| Ash, total (g)            | 2.2  |

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 1.2 |
| Sugars, total (g)        | 0.7 |

## **Minerals** (Food Composition per 100g Edible Portion)

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 43  |
| Phosphorus, P (mg) | 47  |
| Iron, Fe (mg)      | 0.1 |
| Sodium, Na (mg)    | 454 |

## **Vitamins** (Food Composition per 100g Edible Portion)

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 9    |
| beta-Carotene (µg)                    | 0    |
| Retinol Activity Equivalent, RAE (µg) | -    |
| Thiamin, Vitamin B1 (mg)              | 0.09 |
| Riboflavin, Vitamin B2 (mg)           | 0.02 |
| Niacin (mg)                           | 0.6  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

## **Lipids** (Food Composition per 100g Edible Portion)

|                                         |      |
|-----------------------------------------|------|
| Fatty acids, saturated, total (g)       | 0.7  |
| Fatty acids, monounsaturated, total (g) | 0.49 |
| Fatty acids, polyunsaturated, total(g)  | 0.65 |
| Cholesterol (mg)                        | 69   |