



**Food ID:** R045

**Food name and Description:** Meat ball & quail egg, sw & sr sce, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	62.3
Energy, calculated (kcal)	207
Protein (g)	9.8
Total Fat (g)	13.1
Carbohydrate, total (g)	12.4
Ash, total (g)	2.4

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	6.4

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

Calcium, Ca (mg)	87
Phosphorus, P (mg)	106
Iron, Fe (mg)	5.1
Sodium, Na (mg)	226

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

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.4
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)	-