



**Food ID:** R062

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

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	49
Energy, calculated (kcal)	202
Protein (g)	7.6
Total Fat (g)	1.2
Carbohydrate, total (g)	40.3
Ash, total (g)	1.9

## **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)	18
Phosphorus, P (mg)	55
Iron, Fe (mg)	0
Sodium, Na (mg)	279

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

Retinol, Vitamin A (µg)	11
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.5
Fatty acids, monounsaturated, total (g)	0.41
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	51