



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