

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: R064 Food name and Description: Spring roll, Shanghai, unckd Scientific name: N/A Alternate/Common name(s): Lumpia, Shanghai, hindi luto Edible portion: 100%

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

Water (g)	44.1
Energy, calculated (kcal)	266
Protein (g)	5.8
Total Fat (g)	10
Carbohydrate, total (g)	38.3
Ash, total (g)	1.8

#### 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)	17
Phosphorus, P (mg)	30
Iron, Fe (mg)	0
Sodium, Na (mg)	275

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

Retinol, Vitamin A (μg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.08
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	3.64
Fatty acids, monounsaturated, total (g)	4.28
Fatty acids, polyunsaturated, total(g)	0.98
Cholesterol (mg)	50

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:13:48