



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