



Food ID: R086

Food name and Description: Pork & beans, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.1
Energy, calculated (kcal)	105
Protein (g)	4.7
Total Fat (g)	1.8
Carbohydrate, total (g)	17.6
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.3
Sugars, total (g)	6.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	60
Phosphorus, P (mg)	80
Iron, Fe (mg)	1.7
Sodium, Na (mg)	333

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	220
beta-Carotene (µg)	80
Retinol Activity Equivalent, RAE (µg)	227
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.57
Fatty acids, monounsaturated, total (g)	0.54
Fatty acids, polyunsaturated, total(g)	0.3
Cholesterol (mg)	14