



**Food ID:** R088

**Food name and Description:** Hotcake, prep, w/ MLP

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	46.6
Energy, calculated (kcal)	242
Protein (g)	5.3
Total Fat (g)	7.1
Carbohydrate, total (g)	39.3
Ash, total (g)	1.7

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	17.9

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

Calcium, Ca (mg)	70
Phosphorus, P (mg)	313
Iron, Fe (mg)	2.1
Sodium, Na (mg)	438

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

Retinol, Vitamin A (µg)	186
beta-Carotene (µg)	565
Retinol Activity Equivalent, RAE (µg)	233
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	6

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

Fatty acids, saturated, total (g)	4.7
Fatty acids, monounsaturated, total (g)	0.8
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	43