



Food ID: R089

Food name and Description: Polvoron, prep, w/ MLP

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.7
Energy, calculated (kcal)	497
Protein (g)	9.2
Total Fat (g)	23.4
Carbohydrate, total (g)	62.3
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.1
Sugars, total (g)	39.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	170
Phosphorus, P (mg)	201
Iron, Fe (mg)	4.8
Sodium, Na (mg)	173

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	369
beta-Carotene (µg)	1027
Retinol Activity Equivalent, RAE (µg)	455
Thiamin, Vitamin B1 (mg)	1.29
Riboflavin, Vitamin B2 (mg)	0.54
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	11

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	17.8
Fatty acids, monounsaturated, total (g)	1.6
Fatty acids, polyunsaturated, total(g)	0.8
Cholesterol (mg)	7