



Food ID: R093

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

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.6
Energy, calculated (kcal)	148
Protein (g)	5.5
Total Fat (g)	6.4
Carbohydrate, total (g)	17.2
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.5
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	76
Phosphorus, P (mg)	93
Iron, Fe (mg)	0.9
Sodium, Na (mg)	270

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	86
beta-Carotene (µg)	282
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.3
Fatty acids, monounsaturated, total (g)	1.3
Fatty acids, polyunsaturated, total(g)	0.5
Cholesterol (mg)	9