



Republic of the Philippines

Department of Science and Technology

**FOOD AND NUTRITION RESEARCH INSTITUTE**

General Santos Avenue, Bicutan, Taguig City, Philippines



**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