



**Food ID:** R100

**Food name and Description:** Wonton soup, prep, w/ MLP

**Scientific name:**

**Alternate/Common name(s):** Pancit molo, w/ MLP

**Edible portion:** 100%

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

Water (g)	82.3
Energy, calculated (kcal)	93
Protein (g)	5
Total Fat (g)	5.3
Carbohydrate, total (g)	6.3
Ash, total (g)	1.1

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

Fiber, total dietary (g)	3.6
Sugars, total (g)	2.8

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

Calcium, Ca (mg)	40
Phosphorus, P (mg)	47
Iron, Fe (mg)	0.6
Sodium, Na (mg)	320

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

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	292
Retinol Activity Equivalent, RAE (µg)	74
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	2

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

Fatty acids, saturated, total (g)	2.7
Fatty acids, monounsaturated, total (g)	1.1
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	31