



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