



Food ID: R101

Food name and Description: Pork wonton, prep, w/ MLP

Scientific name:

Alternate/Common name(s): Siomai w/ MLP

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57
Energy, calculated (kcal)	217
Protein (g)	13.3
Total Fat (g)	10.2
Carbohydrate, total (g)	18
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.4
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	80
Phosphorus, P (mg)	179
Iron, Fe (mg)	2.1
Sodium, Na (mg)	245

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	98
beta-Carotene (µg)	1021
Retinol Activity Equivalent, RAE (µg)	183
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	9

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.5
Fatty acids, monounsaturated, total (g)	3.6
Fatty acids, polyunsaturated, total(g)	1.6
Cholesterol (mg)	73