



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: R102

Food name and Description: Scrambled egg, prep, w/ MLP

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67
Energy, calculated (kcal)	207
Protein (g)	10
Total Fat (g)	16.5
Carbohydrate, total (g)	4.6
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	87
Phosphorus, P (mg)	150
Iron, Fe (mg)	2
Sodium, Na (mg)	491

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	227
beta-Carotene (µg)	868
Retinol Activity Equivalent, RAE (µg)	299
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.34
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	9.7
Fatty acids, monounsaturated, total (g)	2.3
Fatty acids, polyunsaturated, total(g)	1
Cholesterol (mg)	298