



Food ID: R103

Food name and Description: Shanghai pork roll, prep, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon lumpiang shanghai

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	46.7
Energy, calculated (kcal)	285
Protein (g)	10.3
Total Fat (g)	15.5
Carbohydrate, total (g)	26
Ash, total (g)	1.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	90
Iron, Fe (mg)	4
Sodium, Na (mg)	343

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	161
beta-Carotene (µg)	421
Retinol Activity Equivalent, RAE (µg)	196
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	9.3
Fatty acids, monounsaturated, total (g)	2.3
Fatty acids, polyunsaturated, total(g)	1.1
Cholesterol (mg)	91