



**Food ID:** R108

**Food name and Description:** Pork ball, wrapped

**Scientific name:** N/A

**Alternate/Common name(s):** Pork wonton/Pork siomai

**Edible portion:** 100%

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

Water (g)	44.6
Energy, calculated (kcal)	298
Protein (g)	10.5
Total Fat (g)	16.7
Carbohydrate, total (g)	26.4
Ash, total (g)	1.8

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	1.2

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

Calcium, Ca (mg)	10
Phosphorus, P (mg)	228
Iron, Fe (mg)	1.4
Potassium, K (mg)	139
Sodium, Na (mg)	291
Zinc, Zn (mg)	1.2

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

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.39
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	1

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

Fatty acids, saturated, total (g)	4.9
Fatty acids, monounsaturated, total (g)	5

Fatty acids, polyunsaturated, total(g)	2.1
Cholesterol (mg)	48