



**Food ID:** S004

**Food name and Description:** Cereals, applesce & banana, str

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 79.6 |
| Energy, calculated (kcal) | 84   |
| Protein (g)               | 1    |
| Total Fat (g)             | 0.8  |
| Carbohydrate, total (g)   | 18.2 |
| Ash, total (g)            | 0.4  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 1.2 |
| Sugars, total (g)        | 7.9 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 34  |
| Phosphorus, P (mg) | 9   |
| Iron, Fe (mg)      | 0.4 |
| Sodium, Na (mg)    | 3   |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 50   |
| Retinol Activity Equivalent, RAE (µg) | 4    |
| Thiamin, Vitamin B1 (mg)              | 0.15 |
| Riboflavin, Vitamin B2 (mg)           | 0.41 |
| Niacin (mg)                           | 2.8  |
| Ascorbic Acid, Vitamin C (mg)         | 2    |

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

|   |      |
|---|------|
| Fatty acids, saturated, total (g)       | 0.14 |
| Fatty acids, monounsaturated, total (g) | 0.22 |
| Fatty acids, polyunsaturated, total(g)  | 0.31 |
| Cholesterol (mg)                        | 0    |