



Food ID: T004

Food name and Description: Ceylon moss/Agar-agar bar

Scientific name:

Alternate/Common name(s): Gulaman

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	17.9
Energy, calculated (kcal)	311
Protein (g)	2.6
Total Fat (g)	0.3
Carbohydrate, total (g)	74.5
Ash, total (g)	4.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	6.9
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	488
Phosphorus, P (mg)	28
Iron, Fe (mg)	27
Sodium, Na (mg)	92

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.1
Cholesterol (mg)	0