



**Food ID:** T009

**Food name and Description:** Yeast, baker's, active, dry

**Scientific name:**

**Alternate/Common name(s):** Lebadura, baker's, tuyo

**Edible portion:** 100%

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

Water (g)	6.2
Energy, calculated (kcal)	363
Protein (g)	37.2
Total Fat (g)	1.3
Carbohydrate, total (g)	50.5
Ash, total (g)	4.8

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

Fiber, total dietary (g)	26.6
Sugars, total (g)	0

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

Calcium, Ca (mg)	38
Phosphorus, P (mg)	139
Iron, Fe (mg)	2.4
Sodium, Na (mg)	50

## **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)	3.62
Riboflavin, Vitamin B2 (mg)	3.91
Niacin (mg)	47
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.17
Fatty acids, monounsaturated, total (g)	0.74
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0