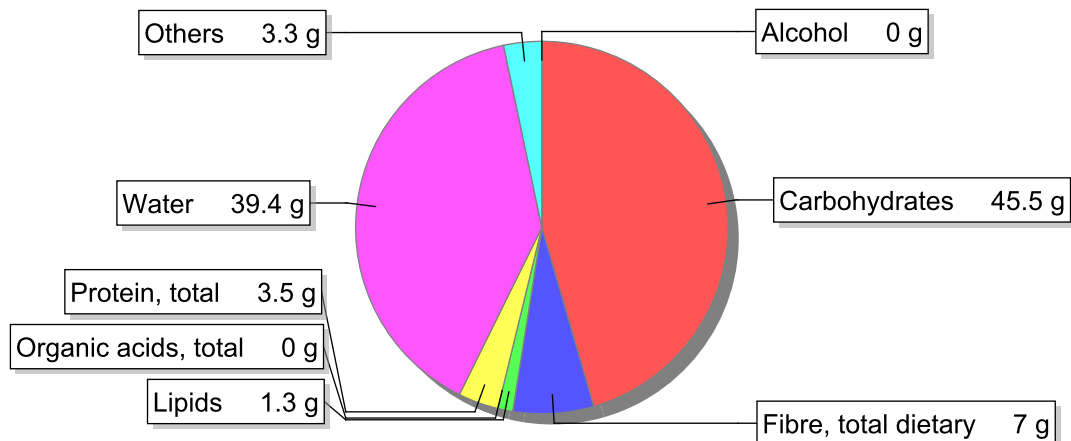


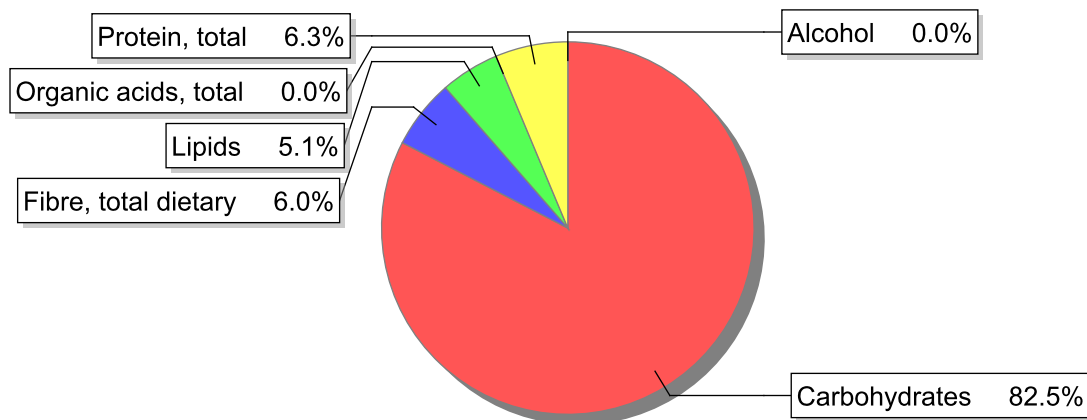
Food

Name: Chestnuts, baked, with salt
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 85%
Code: IS706
FoodEX2 Code: A014J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	222	kcal	
energy kJ, total metabolisable	937	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	11.2	g	
sucrose	11.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	7	g	
protein, total	3.5	g	
alcohol	0	g	
water	39.4	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	66	µg	
vitamin D	0	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.2	mg	
riboflavin	0.14	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0	µg	
vitamin C	46	mg	
folate, total	56	µg	
ash	4.60	g	
sodium	550	mg	
potassium	570	mg	
calcium	23	mg	
phosphorus	72	mg	
magnesium	48	mg	
iron, total	0.9	mg	
zinc	0.6	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References