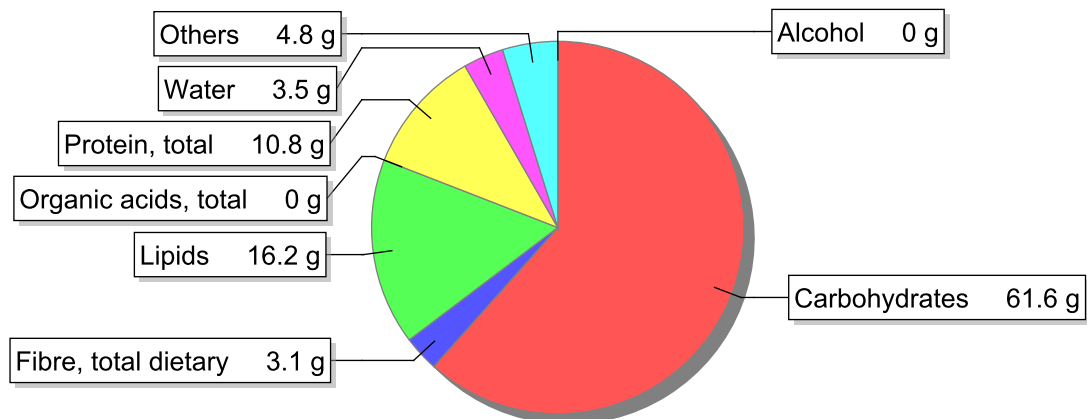


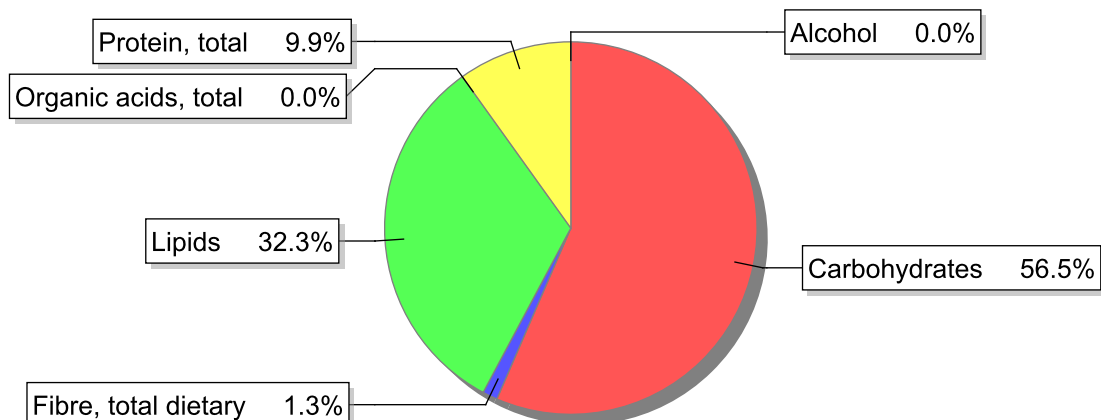
Food

Name: Biscuits, cream crackers
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS466
FoodEX2 Code: A005Y

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	442	kcal	
energy kJ, total metabolisable	1860	kJ	
fatty acids, total saturated	6.9	g	
fatty acids, total monounsaturated	5.3	g	
fatty acids, total polyunsaturated	2.4	g	
fatty acid 18:2 n-6 cis,cis	2.4	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.1	g	
protein, total	10.8	g	57
alcohol	0	g	
water	3.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	1.3	mg	
thiamin	0.15	mg	57
riboflavin	0.15	mg	57
niacin, preformed	0.9	mg	57
niacin equivalents, total	3.1	mg	
niacin equivalents from tryptophan	2.2	mg	
vitamin B-6, total	0.06	mg	57
vitamin B-12	0	µg	
vitamin C	0	mg	57
folate, total	14	µg	
ash	1.79	g	
sodium	370	mg	57
potassium	120	mg	
calcium	28	mg	57
phosphorus	98	mg	57
magnesium	25	mg	
iron, total	1.4	mg	57
zinc	0.6	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB