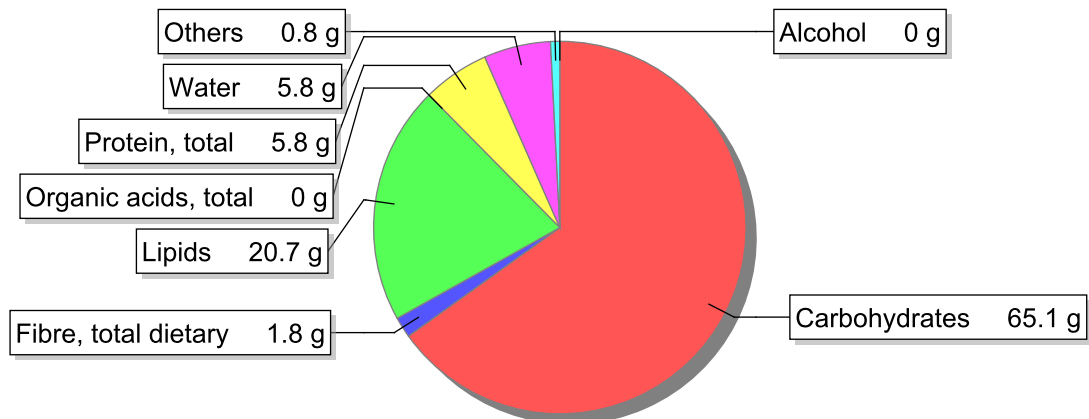


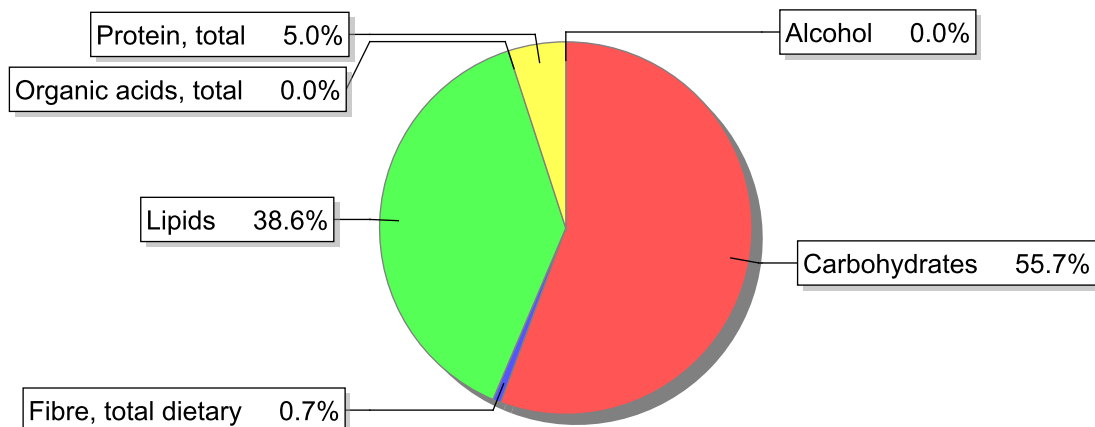
Food

Name: Cookies, deer's tongue molded
Group: Cereal and cereal products
Subgroup: Cookies
Edible Part: 100%
Code: IS458
FoodEX2 Code: A009X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	474	kcal	
energy kJ, total metabolisable	1990	kJ	
fatty acids, total saturated	8	g	
fatty acids, total monounsaturated	7.2	g	
fatty acids, total polyunsaturated	3.7	g	
fatty acid 18:2 n-6 cis,cis	3.3	g	
fatty acids, total trans	1.3	g	
sugars, total	28.2	g	
sucrose	27.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.8	g	
protein, total	5.8	g	57
alcohol	0	g	
water	5.8	g	57
organic acids, total	0	g	
cholesterol	86	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	202	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.4	µg	
alpha-tocopherol	3.6	mg	
thiamin	0.1	mg	57
riboflavin	0.14	mg	57
niacin, preformed	1.1	mg	57
niacin equivalents, total	2.2	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.31	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	1.20	g	
sodium	230	mg	57
potassium	91	mg	57
calcium	37	mg	57
phosphorus	78	mg	57
magnesium	12	mg	57
iron, total	1.3	mg	57
zinc	0.7	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