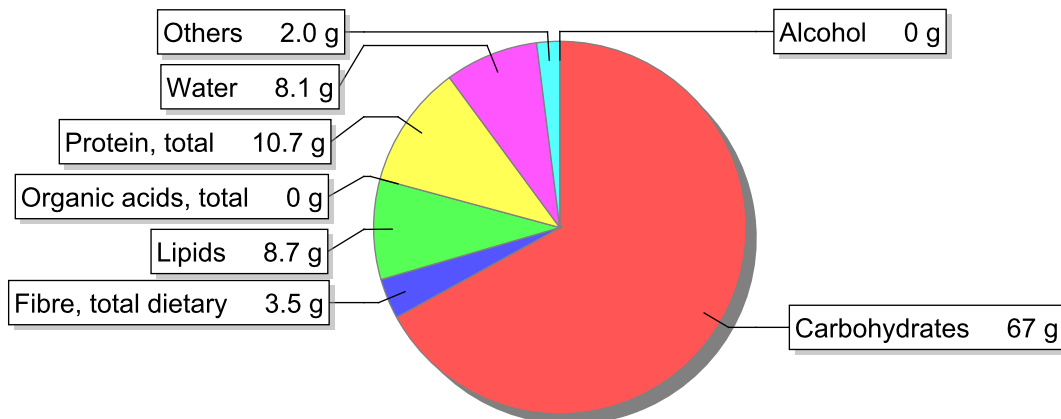


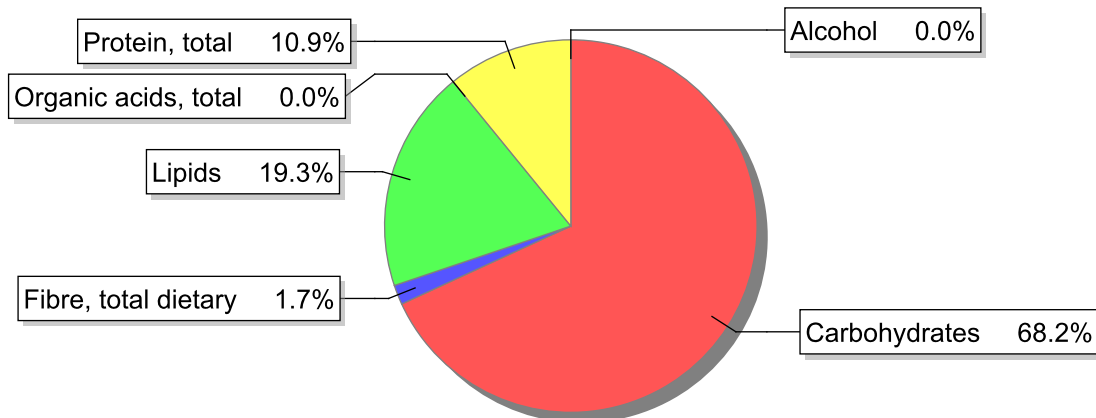
Food

Name: Gressini
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS439
FoodEX2 Code: A005Y

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	396	kcal	
energy kJ, total metabolisable	1670	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	4.9	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	4.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.5	g	
protein, total	10.7	g	57
alcohol	0	g	
water	8.1	g	57
organic acids, total	0	g	
cholesterol	6	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	1.2	mg	
thiamin	0.4	mg	57
riboflavin	0.52	mg	57
niacin, preformed	6	mg	57
niacin equivalents, total	7.6	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	25	µg	
ash	2.02	g	
sodium	310	mg	57
potassium	110	mg	
calcium	110	mg	57
phosphorus	180	mg	57
magnesium	31	mg	
iron, total	3.2	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