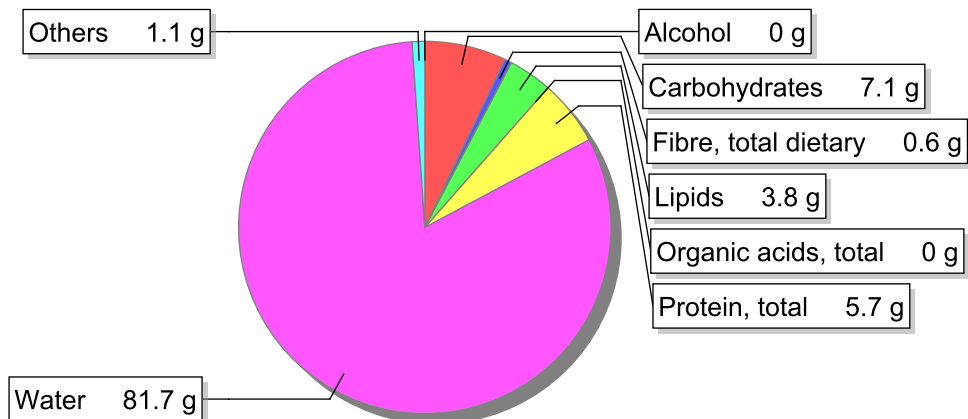


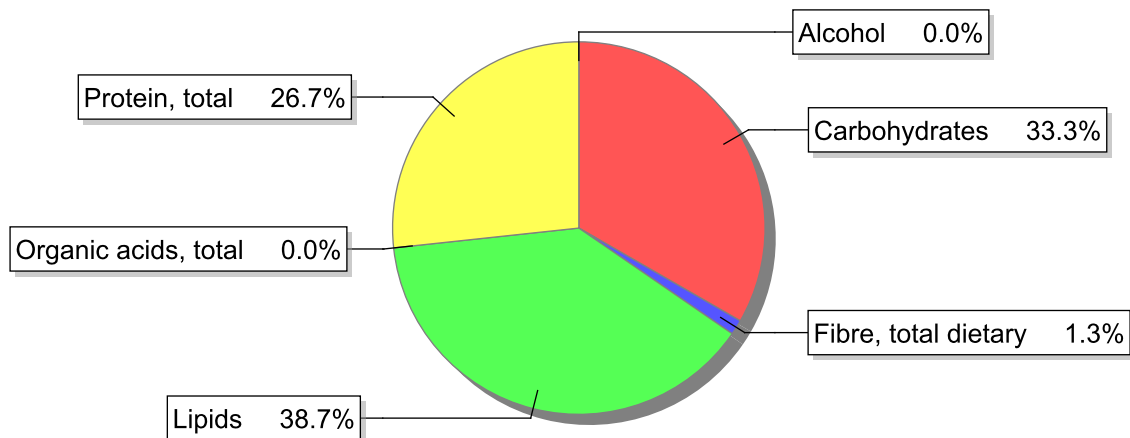
Food

Name: Monkfish rice
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: 080-25
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	87	kcal	
energy kJ, total metabolisable	363	kJ	
fatty acids, total saturated	0.5	g	
fatty acids, total monounsaturated	2.8	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.291	g	
fatty acids, total trans	0	g	
sugars, total	0.7	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.5	g	
starch, total	6.4	g	
protein, total	5.7	g	
alcohol	0	g	
water	81.7	g	
organic acids, total	0	g	
cholesterol	16	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	169	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.81	mg	
thiamin	0.03	mg	
riboflavin	0.02	mg	
niacin, preformed	0.88	mg	
niacin equivalents, total	1.98	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	3	µg	
vitamin C	10.4	mg	
folate, total	9.1	µg	
ash	0.945	g	
sodium	200	mg	
potassium	140	mg	
calcium	13	mg	
phosphorus	71	mg	
magnesium	19	mg	
iron, total	1	mg	
zinc	0.4	mg	

Legend

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

References