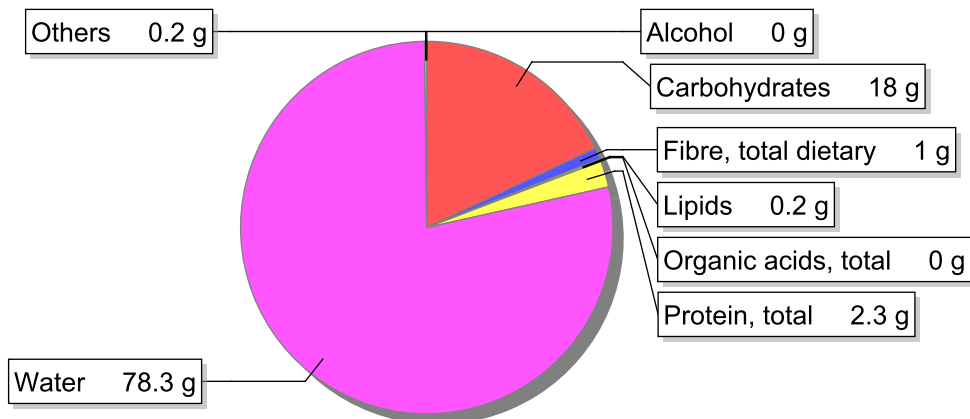


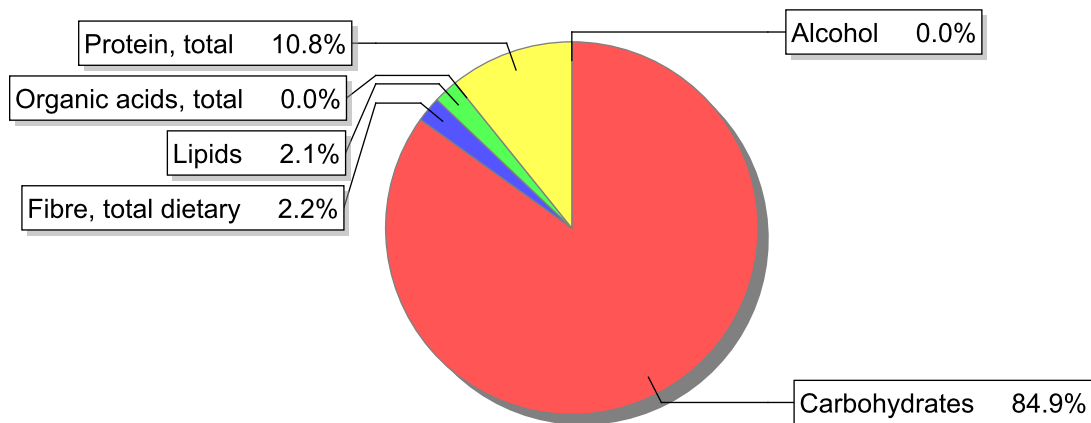
Food

Name: Peas rice
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: 114-33
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	85	kcal	
energy kJ, total metabolisable	361	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.0796	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.3	g	
starch, total	17.6	g	
protein, total	2.3	g	
alcohol	0	g	
water	78.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	35	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.05	mg	
thiamin	0.1	mg	
riboflavin	0.01	mg	
niacin, preformed	0.59	mg	
niacin equivalents, total	1.02	mg	
niacin equivalents from tryptophan	0.44	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.00	µg	
vitamin C	2.4	mg	
folate, total	12	µg	
ash	0.521	g	
sodium	120	mg	
potassium	66	mg	
calcium	8.5	mg	
phosphorus	35	mg	
magnesium	10	mg	
iron, total	0.4	mg	
zinc	0.4	mg	

Legend

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

References