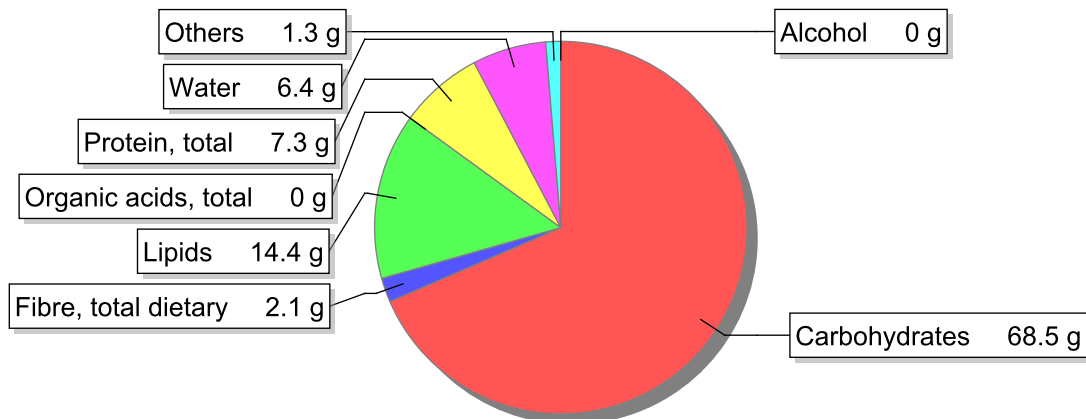


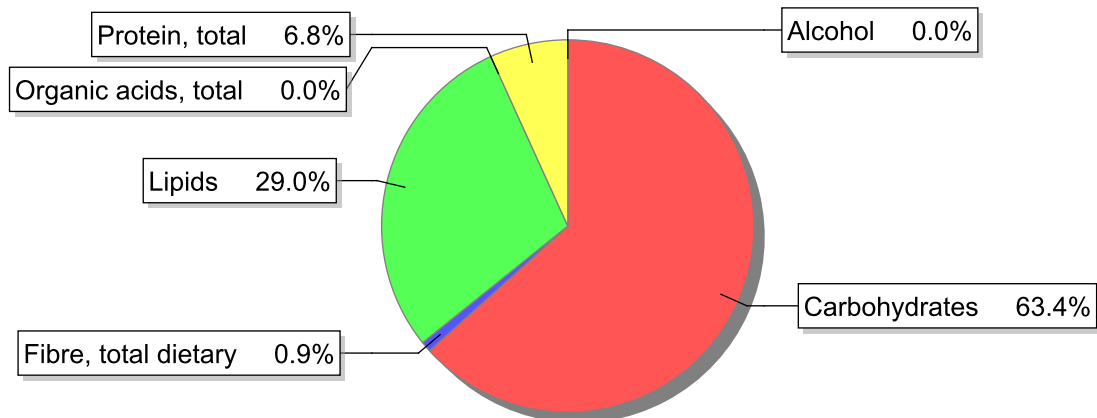
Food

Name: Biscuits, toasted
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS470
FoodEX2 Code: A009V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	437	kcal	
energy kJ, total metabolisable	1840	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.5	g	
fatty acids, total trans	0.1	g	
sugars, total	20.5	g	
sucrose	20.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	
protein, total	7.3	g	57
alcohol	0	g	
water	6.4	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	1.4	mg	
thiamin	0.45	mg	57
riboflavin	0.6	mg	57
niacin, preformed	1.9	mg	
niacin equivalents, total	3.4	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	1.26	g	
sodium	140	mg	57
potassium	130	mg	
calcium	39	mg	57
phosphorus	110	mg	57
magnesium	16	mg	
iron, total	0.9	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