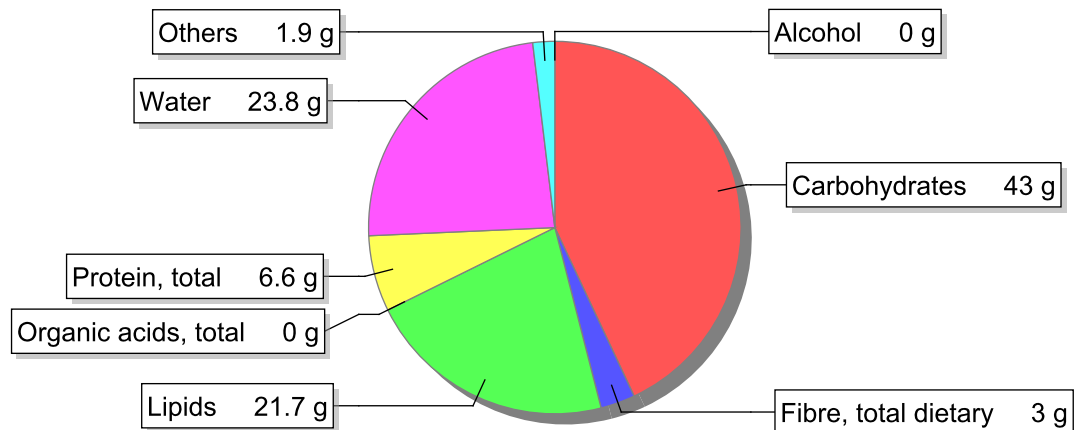


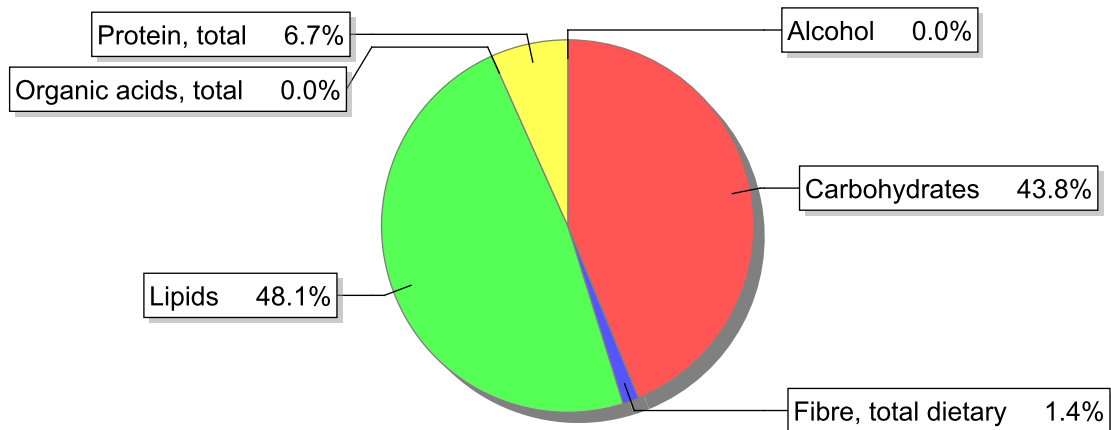
## Food

**Name:** Doughnuts  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS481  
**FoodEX2 Code:** A00BR

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	400	kcal	
energy kJ, total metabolisable	1670	kJ	
fatty acids, total saturated	9.6	g	
fatty acids, total monounsaturated	7.5	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.7	g	
fatty acids, total trans	1.1	g	
sugars, total	14.6	g	
sucrose	8.3	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.1	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	3	g	
<b>protein, total</b>	6.6	g	
<b>alcohol</b>	0	g	
<b>water</b>	23.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	31	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	180	µg	
<b>carotene, total (vitamin A precursors)</b>	270	µg	
<b>vitamin D</b>	0.8	µg	
<b>alpha-tocopherol</b>	1	mg	
<b>thiamin</b>	0.18	mg	
<b>riboflavin</b>	0.09	mg	
<b>niacin, preformed</b>	1.1	mg	
<b>niacin equivalents, total</b>	2.3	mg	
<b>niacin equivalents from tryptophan</b>	1.2	mg	
<b>vitamin B-6, total</b>	0.04	mg	
<b>vitamin B-12</b>	0.01	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	19	µg	
<b>ash</b>	1.90	g	
<b>sodium</b>	230	mg	
<b>potassium</b>	90	mg	
<b>calcium</b>	35	mg	
<b>phosphorus</b>	95	mg	
<b>magnesium</b>	14	mg	
<b>iron, total</b>	1.4	mg	
<b>zinc</b>	0.6	mg	

## Legend

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

## References