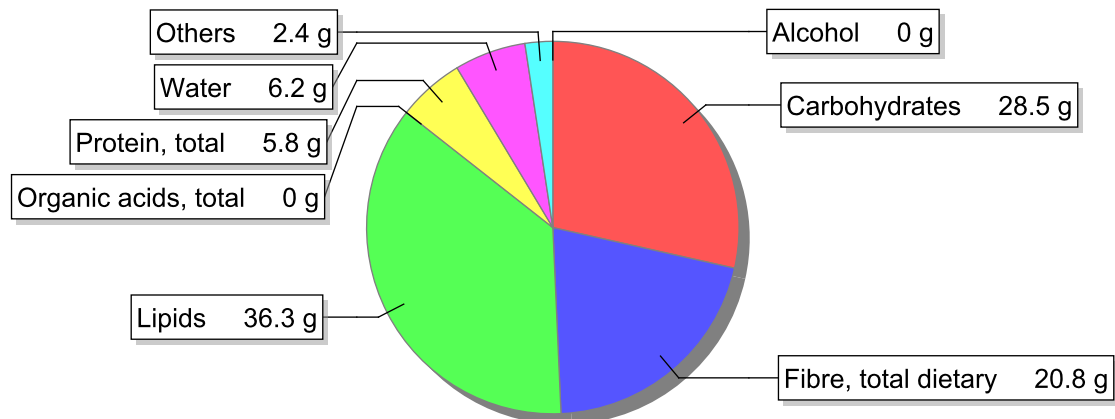


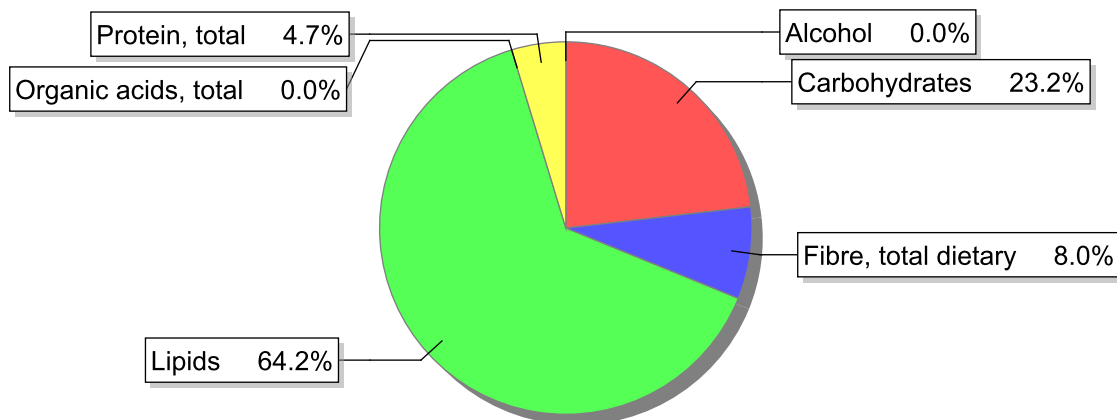
Food

Name: Nutmeg
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code:
FoodEX2 Code: A018J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	506	kcal	
energy kJ, total metabolisable	2090	kJ	
fatty acids, total saturated	12.1	g	
fatty acids, total monounsaturated	12.1	g	
fatty acids, total polyunsaturated	12.1	g	
fatty acid 18:2 n-6 cis,cis	11.8	g	
fatty acids, total trans	0	g	
sugars, total	24.5	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	4	g	
protein, total	5.8	g	
alcohol	0	g	
water	6.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	16	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.35	mg	
riboflavin	0.06	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0	µg	
vitamin C	3	mg	
folate, total	76	µg	
ash	2.3	g	
sodium	16	mg	
potassium	350	mg	
calcium	180	mg	
phosphorus	210	mg	
magnesium	180	mg	
iron, total	3	mg	
zinc	2.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-BCE	beta-carotene equivalent

References