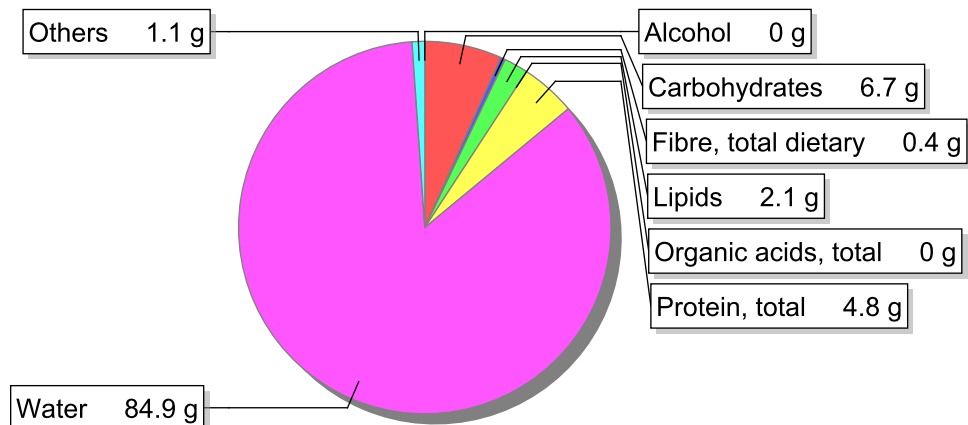


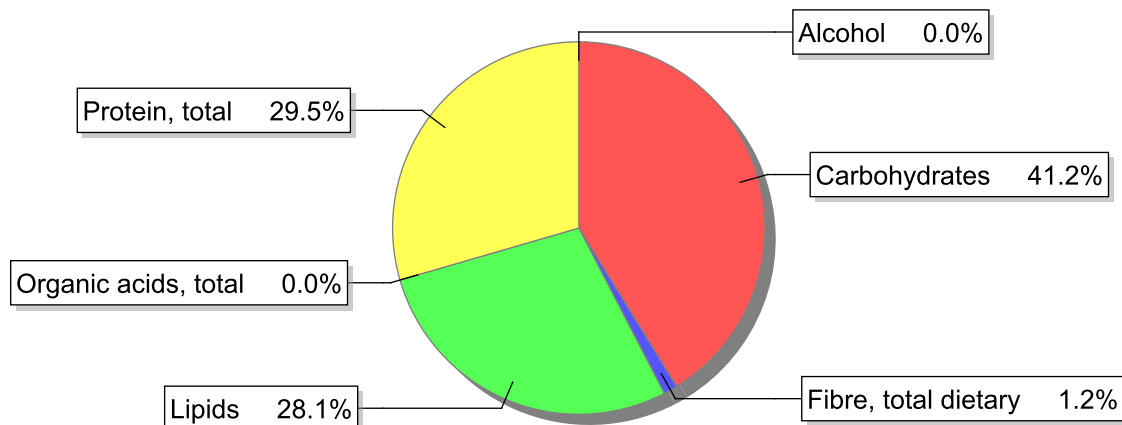
Food

Name: Squids rice
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: 074-25
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	66	kcal	
energy kJ, total metabolisable	276	kJ	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.341	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
starch, total	6.2	g	
protein, total	4.8	g	
alcohol	0	g	
water	84.9	g	
organic acids, total	0	g	
cholesterol	36	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	35	µg	
carotene, total (vitamin A precursors)	151	µg	
vitamin D	0.9	µg	
alpha-tocopherol	0.54	mg	
thiamin	0.04	mg	
riboflavin	0.01	mg	
niacin, preformed	0.53	mg	
niacin equivalents, total	1.56	mg	
niacin equivalents from tryptophan	1.02	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.28	µg	
vitamin C	4.5	mg	
folate, total	8	µg	
ash	1.01	g	
sodium	240	mg	
potassium	120	mg	
calcium	13	mg	
phosphorus	80	mg	
magnesium	17	mg	
iron, total	0.3	mg	
zinc	0.4	mg	

Legend

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

References