

Food

Name: Yoghurt without lactose, semi-skimmed, flavoured, with dried fruits and cereals, sugared

Group: Milk and milk products

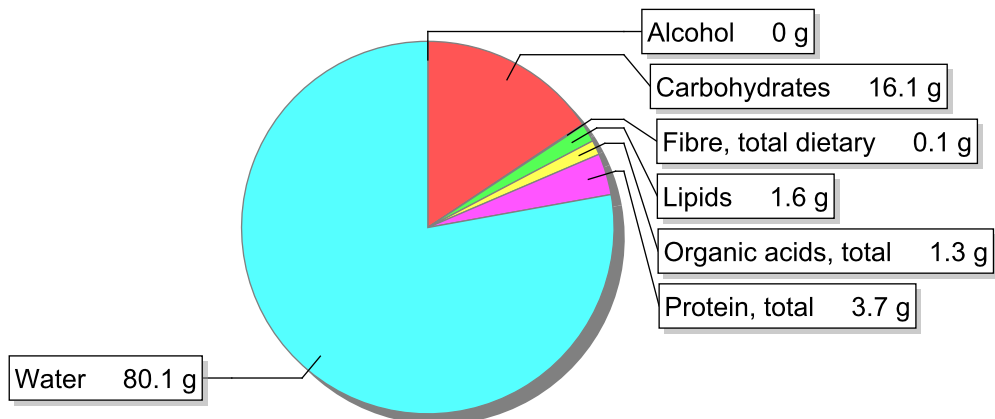
Subgroup: Yogurt

Edible Part: 100%

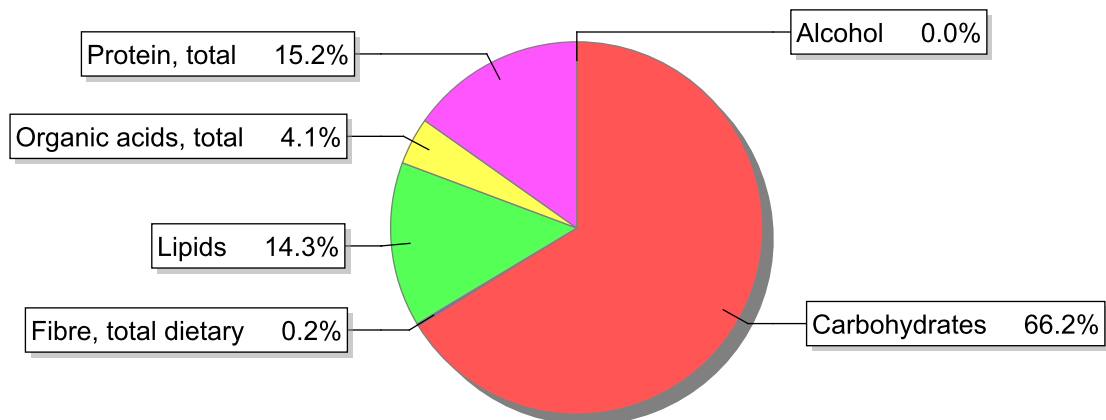
Code:

FoodEX2 Code: A02NH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	98	kcal	
energy kJ, total metabolisable	414	kJ	
fatty acids, total saturated	1	g	767
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	16.1	g	767
sucrose	11.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
fibre, total dietary	0.1	g	767
protein, total	3.7	g	767
alcohol	0	g	
water	80.1	g	
organic acids, total	1.3	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	38	µg	
carotene, total (vitamin A precursors)	22	µg	
vitamin D	0	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.04	mg	
riboflavin	0.25	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	1.7	µg	
ash	0.75	g	
sodium	92	mg	
potassium	200	mg	
calcium	120	mg	
phosphorus	100	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

Id	Reference
767	Rótulo_logurte Pedaços Cereais Sem Lactose Pura Vida 120g _ Produtos _ Pingo Doce