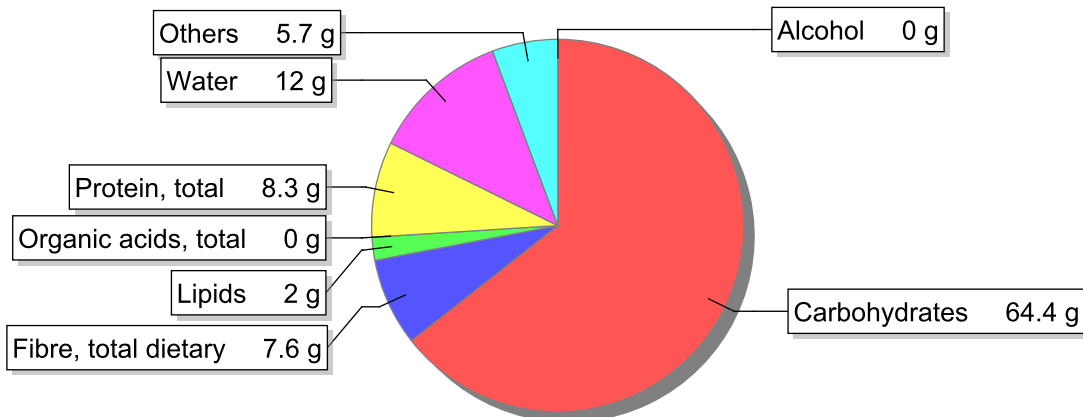


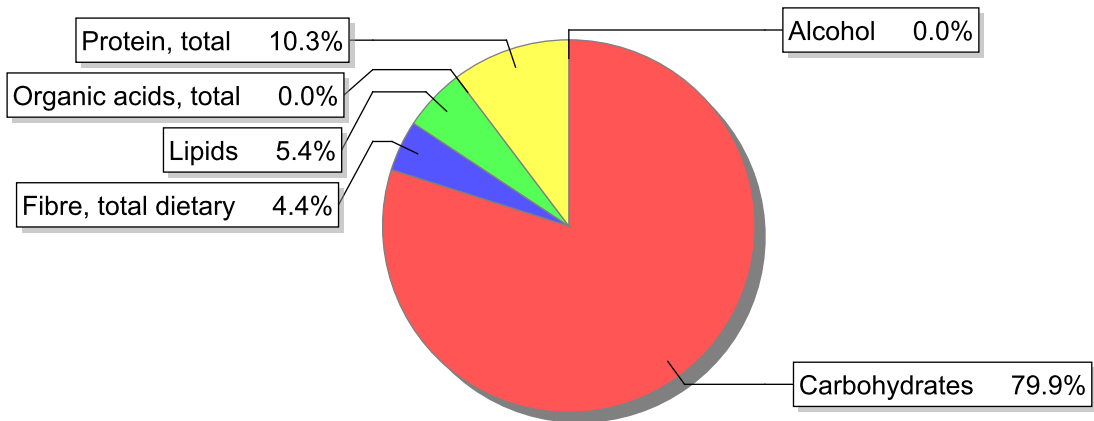
Food

Name: Barley flakes rolled
Group: Todos
Subgroup:
Edible Part: 100%
Code:
FoodEX2 Code: A00CY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	324	kcal	
energy kJ, total metabolisable	1370	kJ	
fatty acids, total saturated	0.3	g	666
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.7	g	666
fatty acid 18:2 n-6 cis,cis	0.621	g	666
fatty acids, total trans	0	g	666
sugars, total	0.9	g	666
sucrose	0.5	g	666

Name	Value	Unit	Source(s)
lactose	0	g	666
salt	0	g	
starch, total	63.5	g	666
protein, total	8.3	g	666
alcohol	0	g	666
water	12	g	666
organic acids, total	0	g	666
cholesterol	0	mg	666
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	666
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	666
alpha-tocopherol	0.3	mg	
thiamin	0.12	mg	666
riboflavin	0.03	mg	666
niacin, preformed	5.7	mg	
niacin equivalents, total	7.7	mg	
niacin equivalents from tryptophan	2	mg	
vitamin B-6, total	0.1	mg	666
vitamin B-12	0	µg	666
vitamin C	0	mg	666
folate, total	19	µg	666
iodide	10	µg	666
sodium	5	mg	666
potassium	280	mg	666
calcium	18	mg	666
phosphorus	220	mg	666
magnesium	70	mg	666
iron, total	3.2	mg	666
zinc	2	mg	666

Legend

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

References

Id	Reference
666	Fineli - Finnish Food Composition Database 2011, Release 14, FoodExplorer