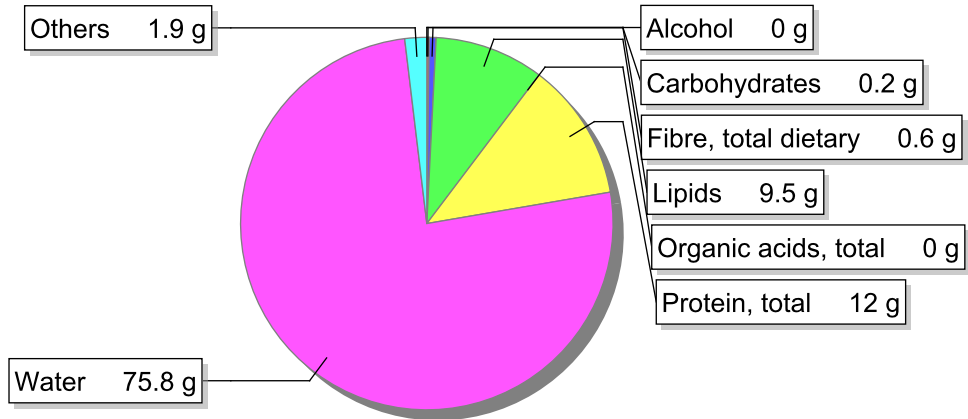


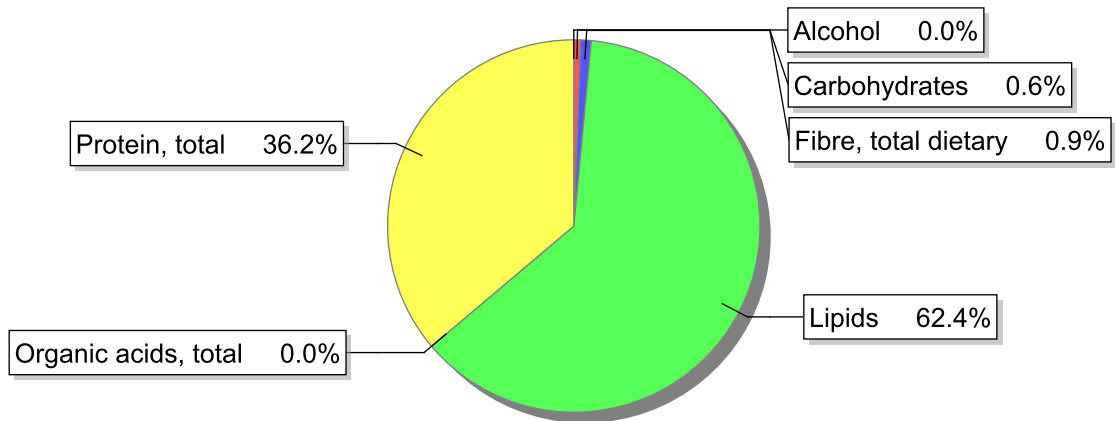
Food

Name: Omelette
Group: Eggs
Subgroup:
Edible Part: 100%
Code: 088-27
FoodEX2 Code: A03YN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	136	kcal	
energy kJ, total metabolisable	564	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	3.4	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.67	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1	g	
starch, total	0	g	
protein, total	12	g	
alcohol	0	g	
water	75.8	g	
organic acids, total	0	g	
cholesterol	359	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	271	µg	
carotene, total (vitamin A precursors)	624	µg	
vitamin D	1.5	µg	
alpha-tocopherol	2.38	mg	
thiamin	0.11	mg	
riboflavin	0.4	mg	
niacin, preformed	0.15	mg	
niacin equivalents, total	3.55	mg	
niacin equivalents from tryptophan	3.44	mg	
vitamin B-6, total	0.33	mg	
vitamin B-12	0.88	µg	
vitamin C	41	mg	
folate, total	76	µg	
ash	1.74	g	
sodium	380	mg	
potassium	260	mg	
calcium	77	mg	
phosphorus	180	mg	
magnesium	18	mg	
iron, total	2.5	mg	
zinc	1.3	mg	

Legend

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

References