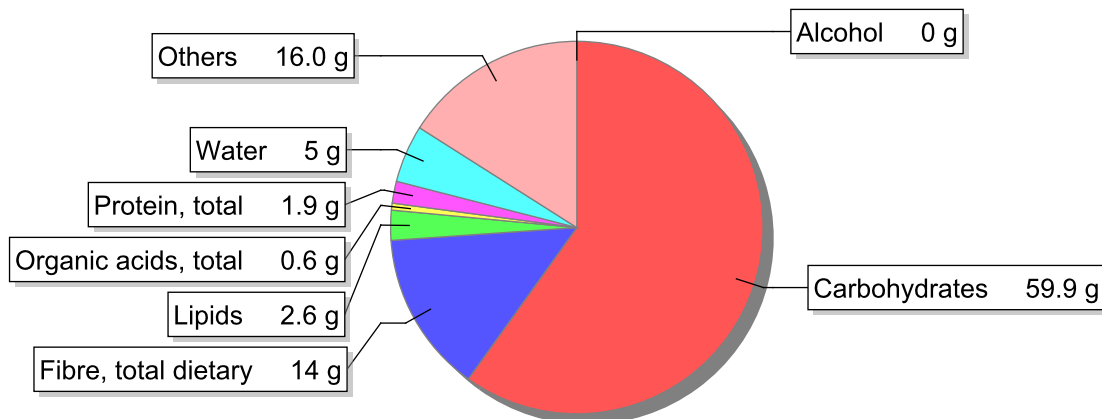


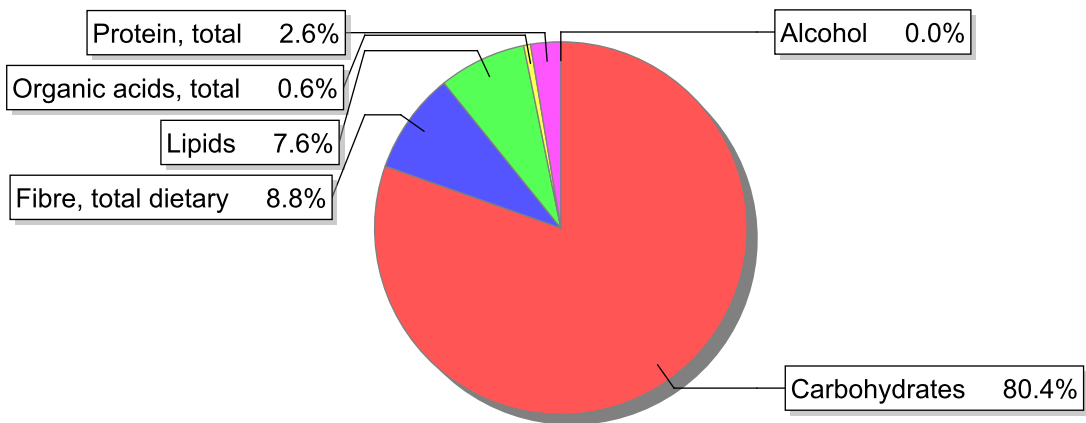
Food

Name: Pear, dehydrated
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code:
FoodEX2 Code: A01QH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	300	kcal	
energy kJ, total metabolisable	1270	kJ	
fatty acids, total saturated	0	g	57
fatty acids, total monounsaturated	0.6	g	57
fatty acids, total polyunsaturated	0.6	g	57
fatty acid 18:2 n-6 cis,cis	0.6	g	57
fatty acids, total trans	0	g	
sugars, total	59.9	g	57
sucrose	15.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	57
protein, total	1.9	g	57
alcohol	0	g	57
water	5	g	57
organic acids, total	0.6	g	
cholesterol	0	mg	57
vitamin D	0	µg	57
alpha-tocopherol	3.19	mg	
riboflavin	0.13	mg	57
niacin, preformed	1.28	mg	
niacin equivalents, total	1.28	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.13	mg	57
vitamin B-12	0	µg	57
folate, total	12.8	µg	
ash	2.30	g	
sodium	51	mg	57
potassium	960	mg	
calcium	57	mg	57
phosphorus	64	mg	57
magnesium	57	mg	57
iron, total	1.9	mg	57
zinc	1.3	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB