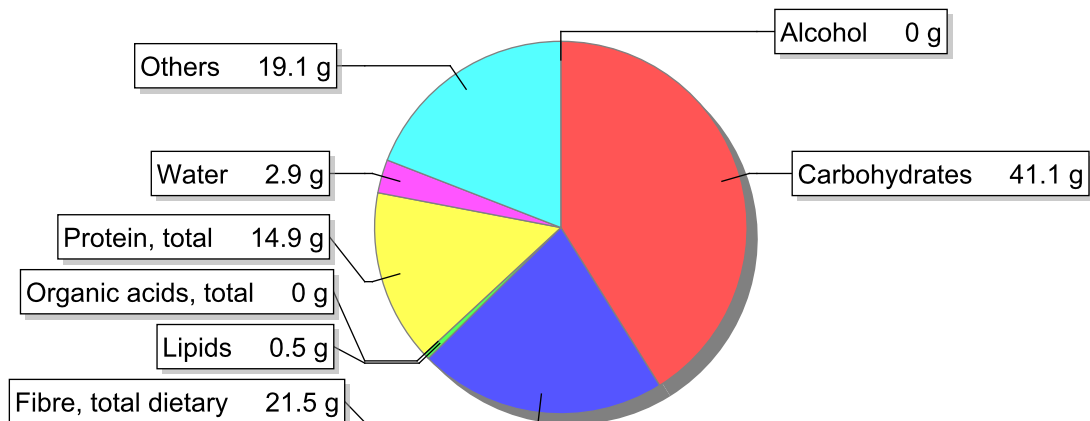


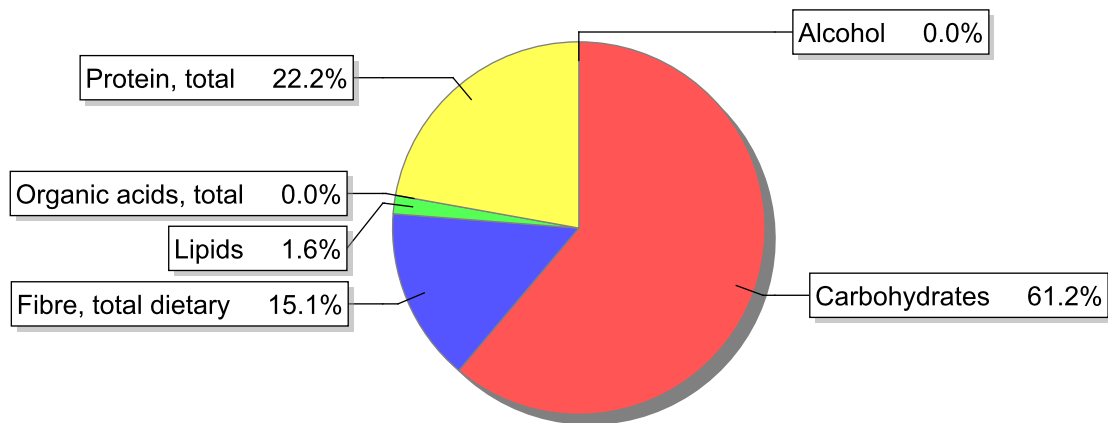
Food

Name: Coffee, instant powder, with caffeine
Group: Drinks
Subgroup: Non-alcoholic beverages
Edible Part: 100%
Code: IS771
FoodEX2 Code: A03GQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	272	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	3	g	1101
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.1	g	
fibre, total dietary	21.5	g	1101
protein, total	14.9	g	
alcohol	0	g	
water	2.9	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.04	mg	
riboflavin	0.21	mg	
niacin, preformed	25	mg	
niacin equivalents, total	28	mg	
niacin equivalents from tryptophan	3	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	9.10	g	
sodium	42	mg	
potassium	3250	mg	
calcium	89	mg	
phosphorus	320	mg	
magnesium	220	mg	
iron, total	0.8	mg	
zinc	0.2	mg	

Legend

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

References

Id	Reference
1101	Rótulo_Café solúvel Delta_Auchan