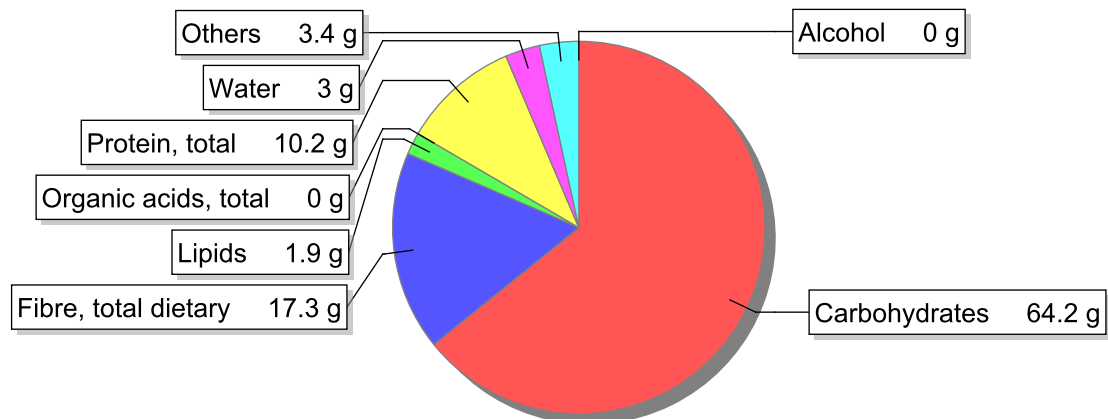


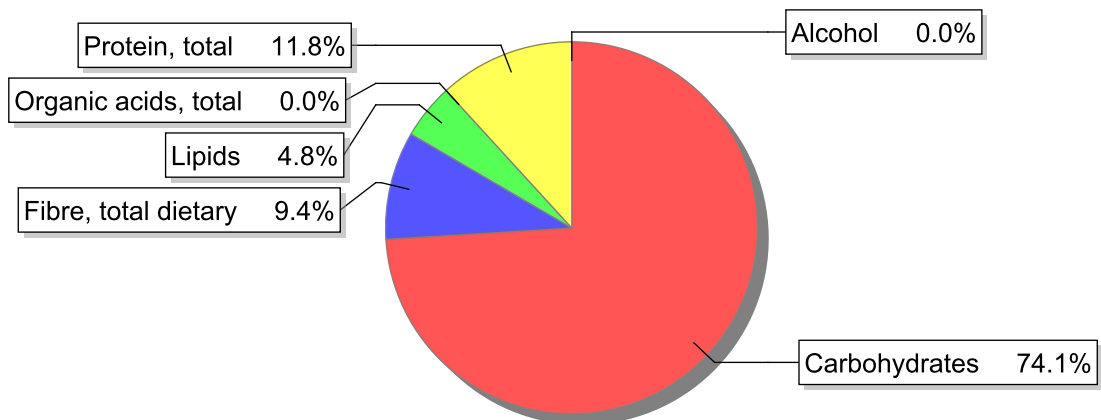
Food

Name: All-Bran flakes
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS449
FoodEX2 Code: A00EF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	349	kcal	
energy kJ, total metabolisable	1470	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	g	
sugars, total	18.1	g	
sucrose	14	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	2.3	g	
fibre, total dietary	17.3	g	
protein, total	10.2	g	
alcohol	0	g	
water	3	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	2.8	µg	
alpha-tocopherol	2.2	mg	
thiamin	1	mg	
riboflavin	1.5	mg	
niacin, preformed	16	mg	
niacin equivalents, total	18	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	1.8	mg	
vitamin B-12	0.8	µg	
vitamin C	35	mg	
folate, total	250	µg	
ash	3.40	g	
sodium	910	mg	
potassium	540	mg	
calcium	50	mg	
phosphorus	450	mg	
magnesium	120	mg	
iron, total	12	mg	
zinc	2.5	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB