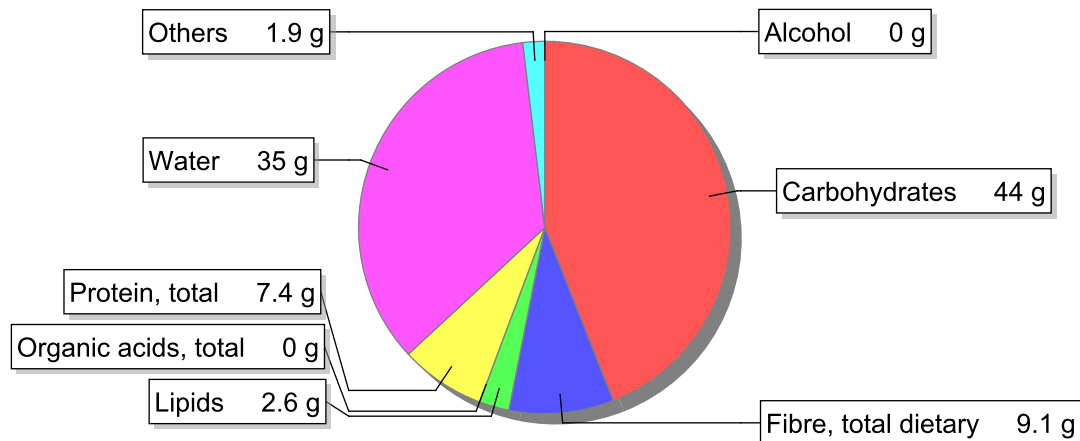


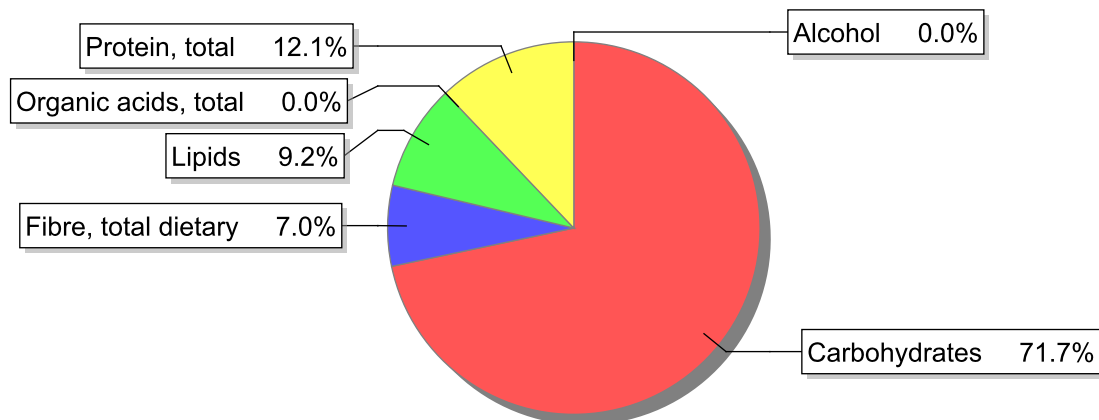
Food

Name: Bread, wheat, whole, with raisins
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS436
FoodEX2 Code: A005E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	247	kcal	
energy kJ, total metabolisable	1040	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	8.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
fibre, total dietary	9.1	g	
protein, total	7.4	g	57
alcohol	0	g	
water	35	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	3	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.11	mg	57
riboflavin	0.21	mg	57
niacin, preformed	2.5	mg	57
niacin equivalents, total	4	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	37	µg	
ash	1.88	g	
sodium	92	mg	57
potassium	300	mg	
calcium	79	mg	57
phosphorus	230	mg	57
magnesium	92	mg	
iron, total	2.8	mg	57
zinc	1.9	mg	

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
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