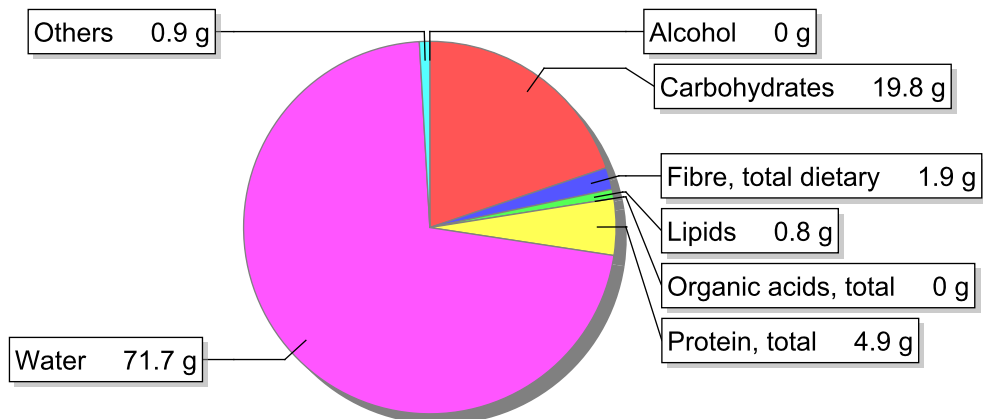


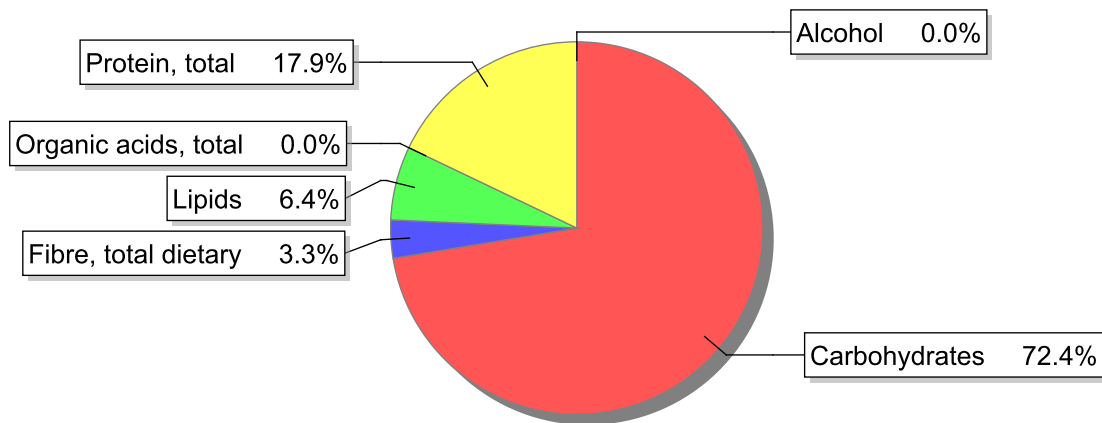
**Food**

**Name:** Fish and peas rice  
**Group:** Cereal and cereal products  
**Subgroup:** Cereal  
**Edible Part:** 95%  
**Code:** 075-25  
**FoodEX2 Code:** A040Z

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	110	kcal	
energy kJ, total metabolisable	465	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.159	g	
fatty acids, total trans	0	g	
sugars, total	0.7	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.6	g	
<b>starch, total</b>	18.6	g	
<b>protein, total</b>	4.9	g	
<b>alcohol</b>	0	g	
<b>water</b>	71.7	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	2	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	14	µg	
<b>carotene, total (vitamin A precursors)</b>	78	µg	
<b>vitamin D</b>	0.1	µg	
<b>alpha-tocopherol</b>	0.2	mg	
<b>thiamin</b>	0.24	mg	
<b>riboflavin</b>	0.02	mg	
<b>niacin, preformed</b>	0.89	mg	
<b>niacin equivalents, total</b>	1.78	mg	
<b>niacin equivalents from tryptophan</b>	0.89	mg	
<b>vitamin B-6, total</b>	0.12	mg	
<b>vitamin B-12</b>	0.06	µg	
<b>vitamin C</b>	6.3	mg	
<b>folate, total</b>	24	µg	
<b>ash</b>	1.21	g	
<b>sodium</b>	240	mg	
<b>potassium</b>	170	mg	
<b>calcium</b>	18	mg	
<b>phosphorus</b>	74	mg	
<b>magnesium</b>	14	mg	
<b>iron, total</b>	0.8	mg	
<b>zinc</b>	0.6	mg	

## Legend

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

## References