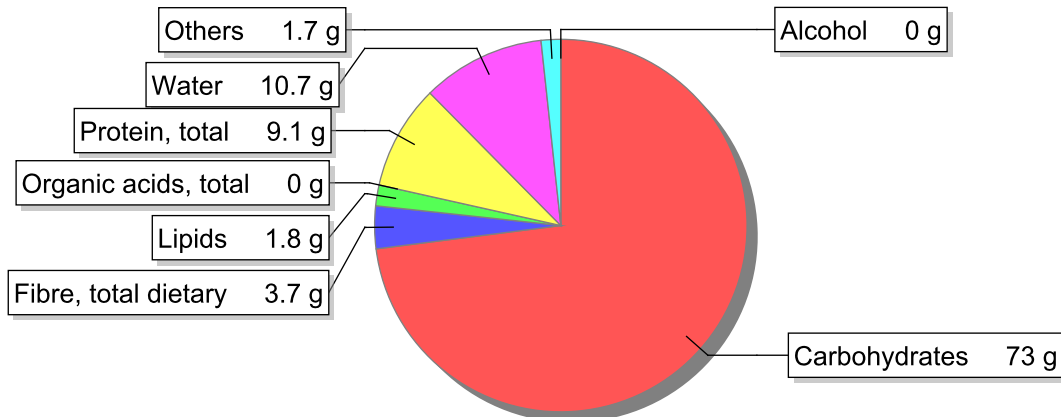


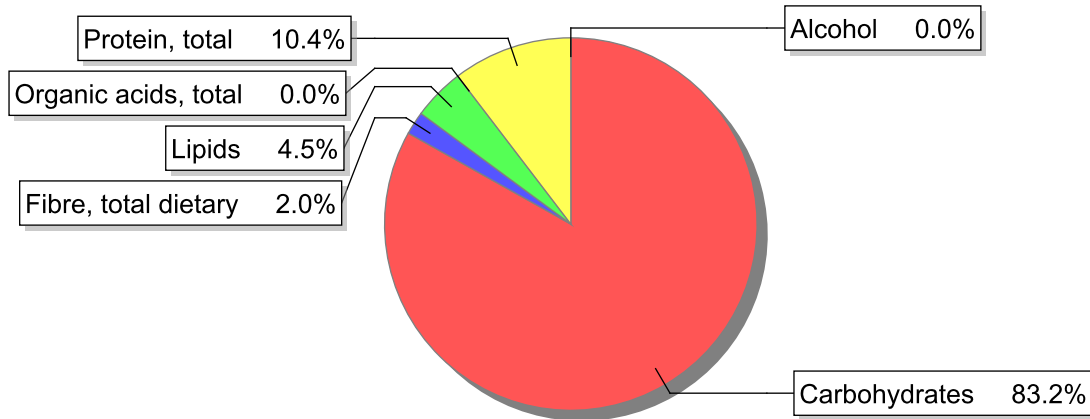
Food

Name: Flour, wheat, type 150
Group: Cereal and cereal products
Subgroup: Flour
Edible Part: 100%
Code: IS414
FoodEX2 Code: A004B

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	352	kcal	
energy kJ, total metabolisable	1490	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	2.6	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	70.4	g	
protein, total	9.1	g	57
alcohol	0	g	
water	10.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.3	mg	
thiamin	0.1	mg	
riboflavin	0.03	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	2.6	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	22	µg	
ash	1.60	g	
sodium	3	mg	
potassium	160	mg	
calcium	29	mg	57
phosphorus	100	mg	57
magnesium	21	mg	
iron, total	1.1	mg	57
zinc	0.6	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