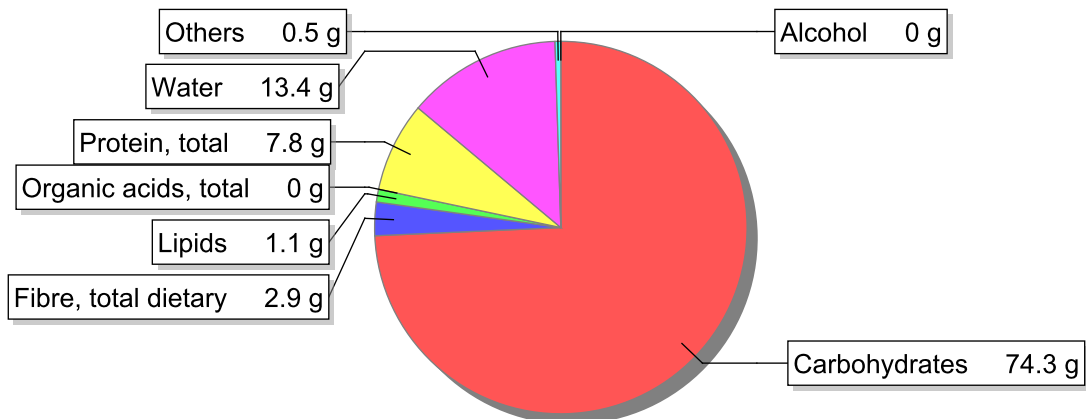


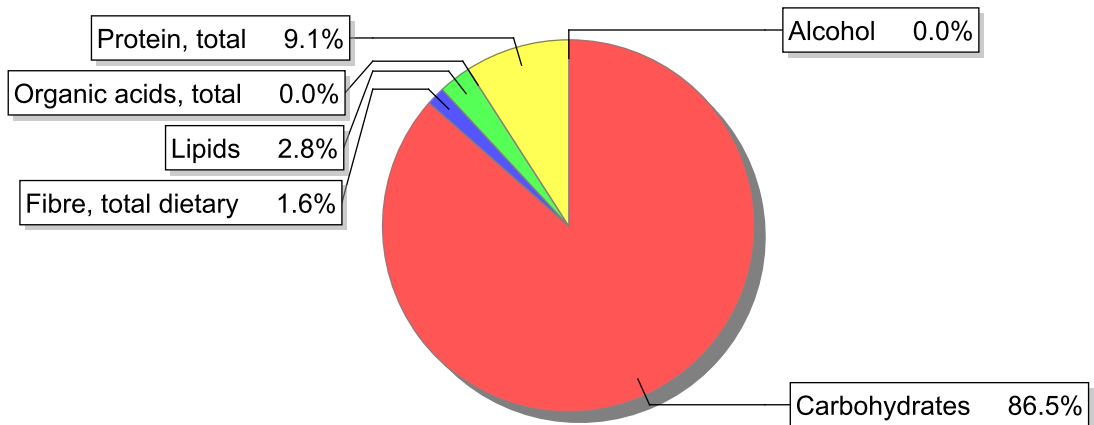
### Food

**Name:** Flour, wheat, type 55  
**Group:** Cereal and cereal products  
**Subgroup:** Flour  
**Edible Part:** 100%  
**Code:** IS415  
**FoodEX2 Code:** A003X

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	344	kcal	
energy kJ, total metabolisable	1460	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	1.5	g	57
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	72.8	g	
protein, total	7.8	g	57
alcohol	0	g	
water	13.4	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	1.1	mg	57
niacin equivalents, total	2.7	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.15	mg	57
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	22	µg	
ash	0.50	g	
sodium	3	mg	57
potassium	130	mg	57
calcium	26	mg	57
phosphorus	140	mg	57
magnesium	36	mg	57
iron, total	1.2	mg	57
zinc	0.9	mg	57

## 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