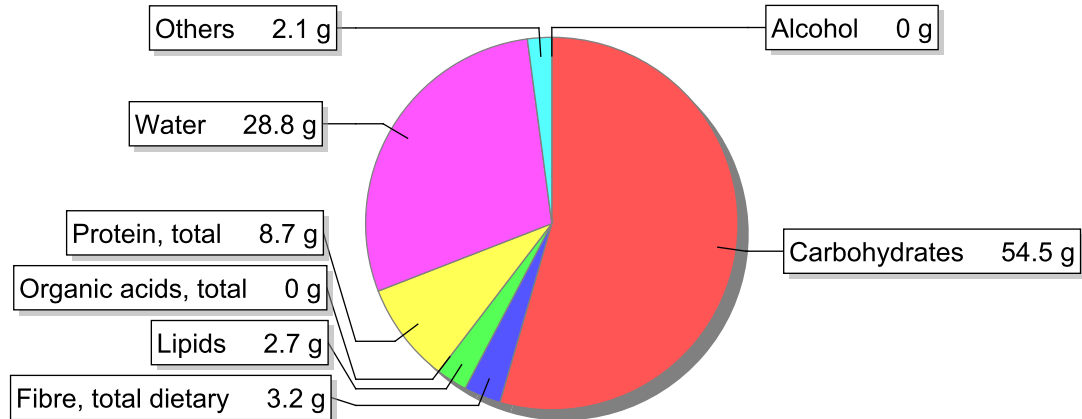


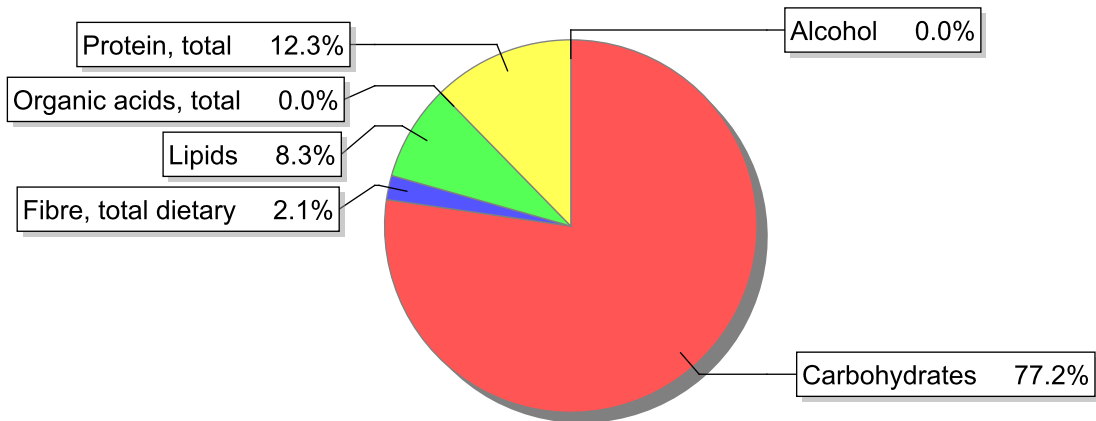
Food

Name: Bread, wheat, molded, enriched
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS431
FoodEX2 Code: A004Y

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	284	kcal	
energy kJ, total metabolisable	1200	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	2	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	52.5	g	
salt	1	g	
fibre, total dietary	3.2	g	
protein, total	8.7	g	57
alcohol	0	g	
water	28.8	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.1	mg	57
riboflavin	0.42	mg	57
niacin, preformed	4.4	mg	
niacin equivalents, total	6.2	mg	
niacin equivalents from tryptophan	1.8	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	57
vitamin C	2.5	mg	
folate, total	18	µg	
Minerals			
ash	2.09	g	
sodium	400	mg	
potassium	120	mg	
calcium	50	mg	57
phosphorus	120	mg	57
magnesium	30	mg	
iron, total	1.1	mg	57
zinc	0.9	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