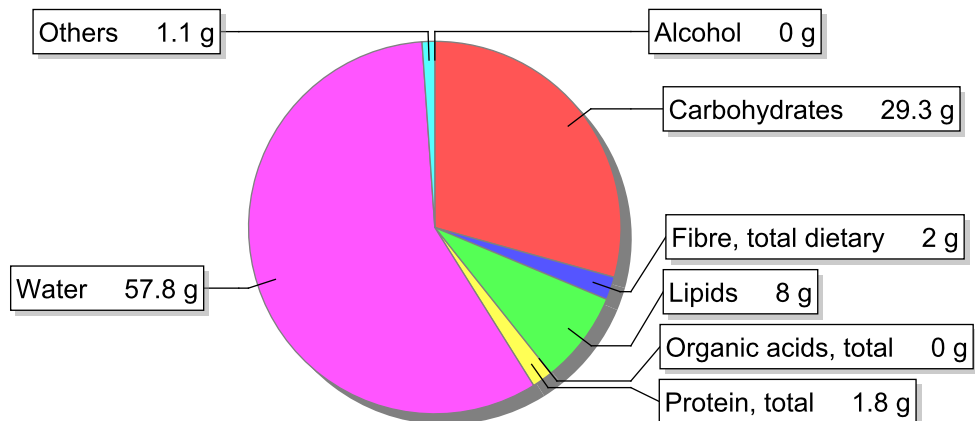


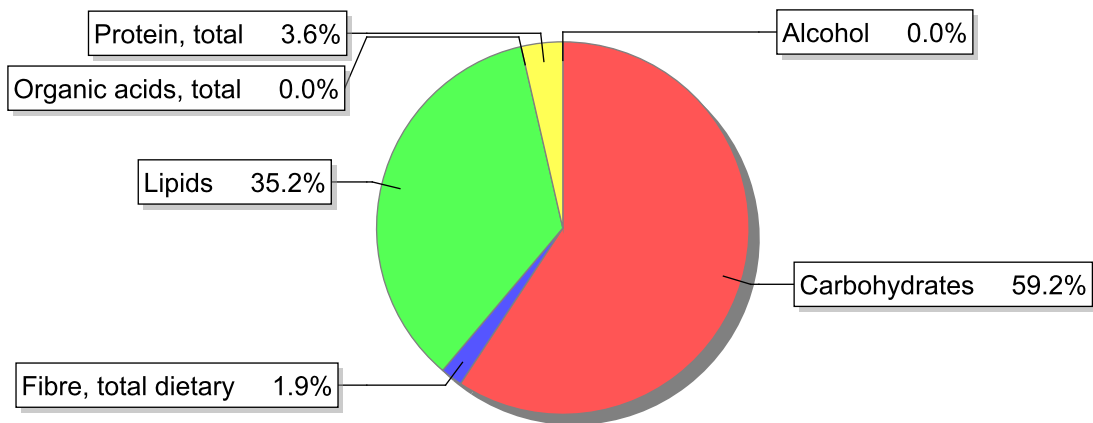
**Food**

**Name:** Pie, apple  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS496  
**FoodEX2 Code:** A00BZ

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	200	kcal	
energy kJ, total metabolisable	841	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	2.6	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.4	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.4	g	
Carbohydrates		g	
sugars, total	17.1	g	
sucrose	11.9	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	12.2	g	
salt	0.3	g	
fibre, total dietary	2	g	57
protein, total	1.8	g	57
alcohol	0	g	
water	57.8	g	57
organic acids, total	0	g	
cholesterol	3	mg	57
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	37	µg	57
carotene, total (vitamin A precursors)	53	µg	
vitamin D	0.3	µg	57
alpha-tocopherol	0.52	mg	
thiamin	0.06	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.03	mg	57
vitamin B-12	0.01	µg	
vitamin C	7	mg	57
folate, total	4	µg	57
<b>Minerals</b>			
ash	1.10	g	
sodium	120	mg	57
potassium	100	mg	57
calcium	27	mg	57
phosphorus	30	mg	57
magnesium	6	mg	57
iron, total	0.5	mg	57
zinc	0.2	mg	57

## Legend

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

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## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB