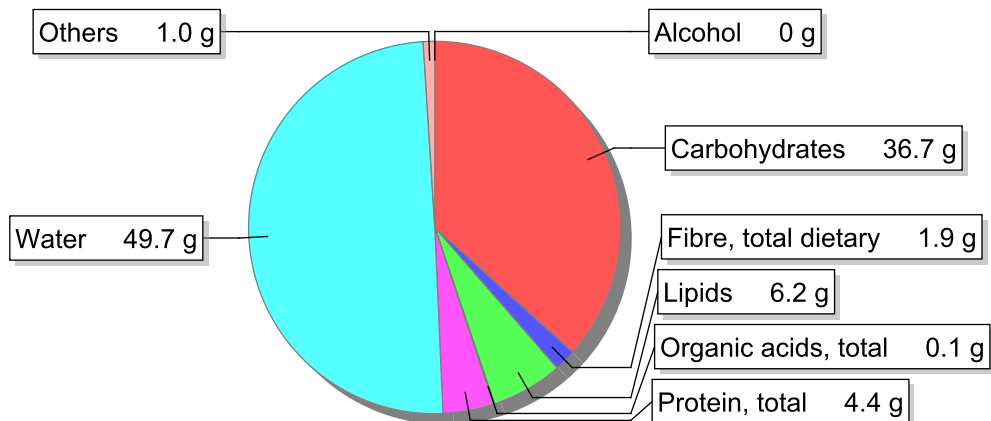


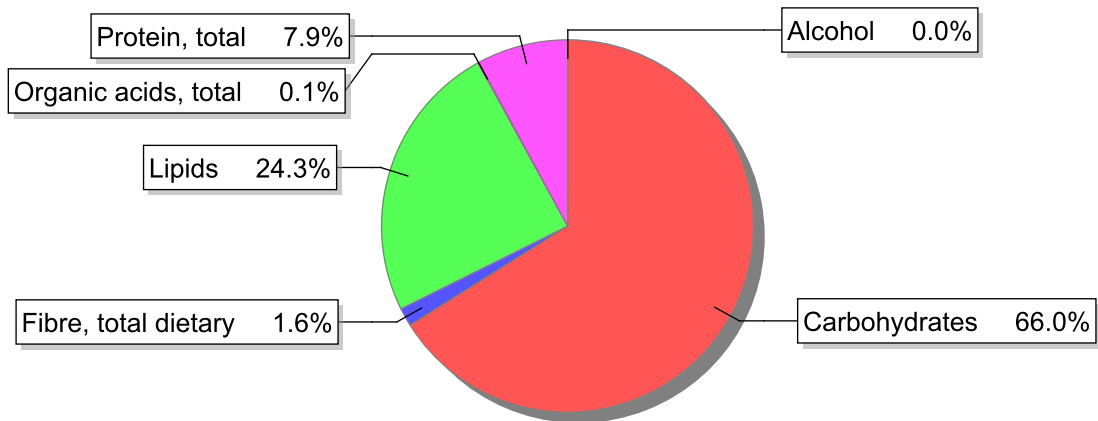
Food

Name: Pie, apple and peach
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS497
FoodEX2 Code: A00BZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| Energy value | | | |
| energy kcal, total metabolisable | 224 | kcal | |
| energy kJ, total metabolisable | 945 | kJ | |
| Macro nutrients | | | |
| Lipids | | g | |
| fatty acids, total saturated | 2.4 | g | |
| fatty acids, total monounsaturated | 2.1 | g | |
| fatty acids, total polyunsaturated | 0.8 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.688 | g | |

| Name | Value | Unit | Source(s) |
|---|-------|------|-----------|
| fatty acids, total trans | 0.2 | g | |
| Carbohydrates | | g | |
| sugars, total | 21.8 | g | |
| sucrose | 15.6 | g | |
| lactose | 1.7 | g | |
| oligosaccharides, available | 0 | g | |
| starch, total | 15 | g | |
| salt | 0.1 | g | |
| fibre, total dietary | 1.9 | g | |
| protein, total | 4.4 | g | |
| alcohol | 0 | g | |
| water | 49.7 | g | |
| organic acids, total | 0.1 | g | |
| cholesterol | 46 | mg | |
| Vitamins | | | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 49 | µg | |
| carotene, total (vitamin A precursors) | 60 | µg | |
| vitamin D | 0.2 | µg | |
| alpha-tocopherol | 1.14 | mg | |
| thiamin | 0.05 | mg | |
| riboflavin | 0.14 | mg | |
| niacin, preformed | 0.49 | mg | |
| niacin equivalents, total | 1.49 | mg | |
| niacin equivalents from tryptophan | 1 | mg | |
| vitamin B-6, total | 0.09 | mg | |
| vitamin B-12 | 0.12 | µg | |
| vitamin C | 2.3 | mg | |
| folate, total | 9.5 | µg | |
| Minerals | | | |
| ash | 0.817 | g | |
| sodium | 54 | mg | |
| potassium | 180 | mg | |
| calcium | 57 | mg | |
| phosphorus | 87 | mg | |
| magnesium | 21 | mg | |
| iron, total | 0.7 | mg | |
| zinc | 0.5 | mg | |

Legend

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

References