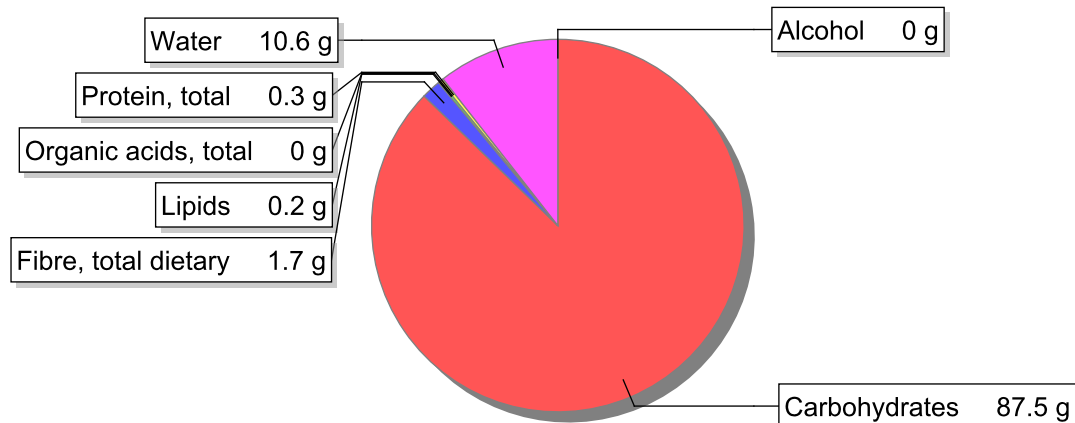


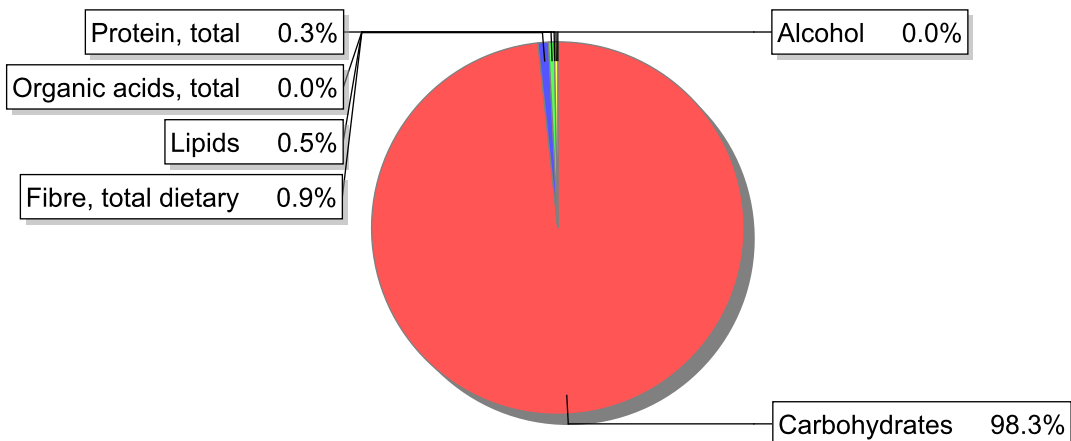
Food

Name: Tapioca
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code: IS454
FoodEX2 Code: A011J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	356	kcal	
energy kJ, total metabolisable	1510	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0.9	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	86.6	g	
protein, total	0.3	g	57
alcohol	0	g	
water	10.6	g	
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	mg	
thiamin	0.02	mg	57
riboflavin	0	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0	mg	57
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	10	µg	
ash	0.10	g	
sodium	4	mg	57
potassium	20	mg	57
calcium	12	mg	57
phosphorus	6	mg	57
magnesium	2	mg	57
iron, total	0.9	mg	57
zinc	0	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