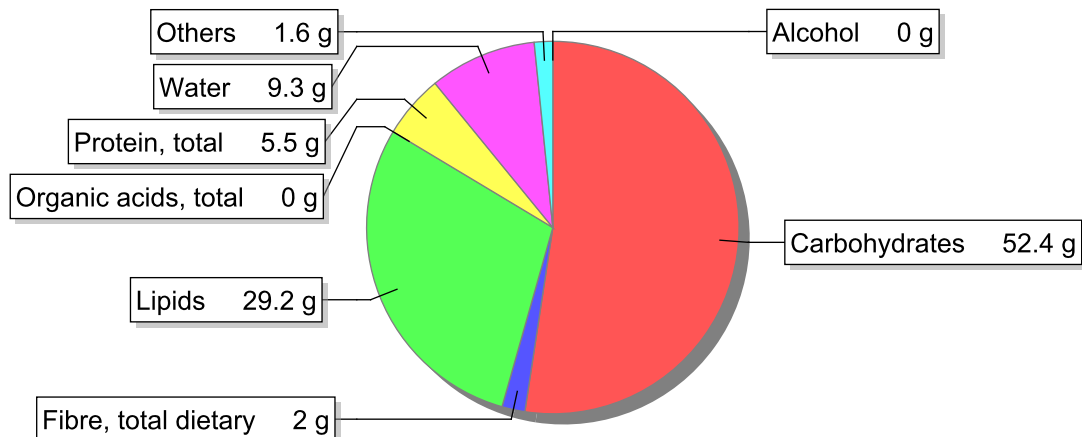


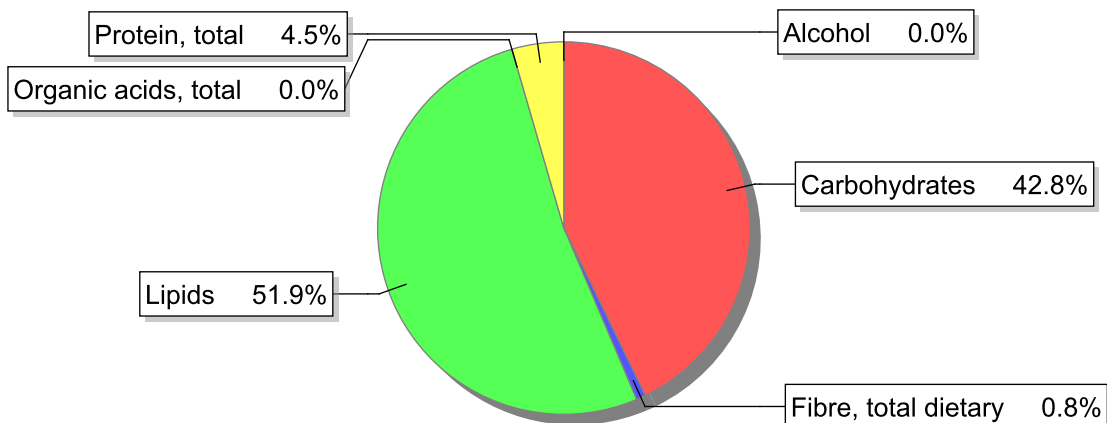
Food

Name: Shortcrust pastry for quiche
Group: Cereal and cereal products
Subgroup: Quiche
Edible Part: 100%
Code: IS956
FoodEX2 Code: A009A

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	498	kcal	
energy kJ, total metabolisable	2080	kJ	
fatty acids, total saturated	15.3	g	
fatty acids, total monounsaturated	6.4	g	
fatty acids, total polyunsaturated	4.6	g	
fatty acid 18:2 n-6 cis,cis	4.16	g	
fatty acids, total trans	0.6	g	
sugars, total	1.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
salt	1.2	g	
fibre, total dietary	2	g	
protein, total	5.5	g	
alcohol	0	g	
water	9.3	g	
organic acids, total	0	g	
cholesterol	41	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	205	µg	
carotene, total (vitamin A precursors)	78	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.56	mg	
thiamin	0.07	mg	
riboflavin	0.03	mg	
niacin, preformed	0.77	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1.12	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	1.62	g	
sodium	490	mg	
potassium	95	mg	
calcium	22	mg	
phosphorus	100	mg	
magnesium	27	mg	
iron, total	0.9	mg	
zinc	0.7	mg	

Legend

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

References