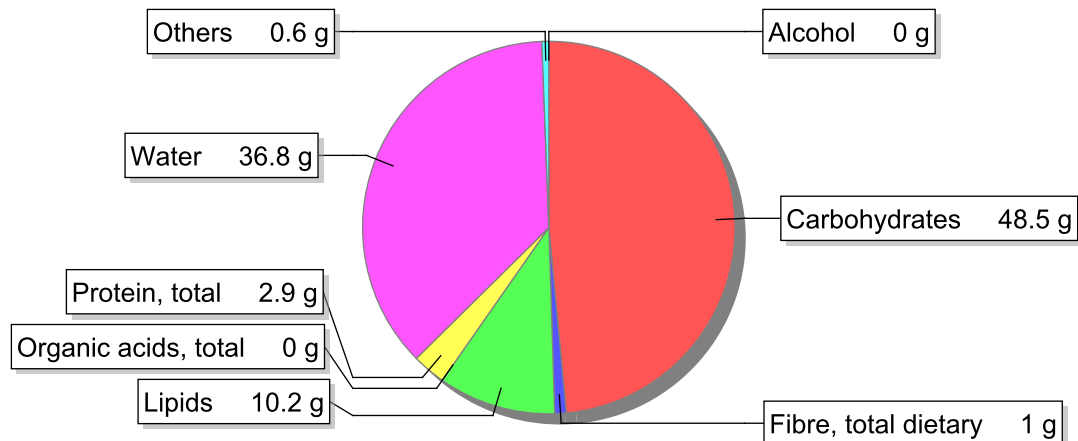


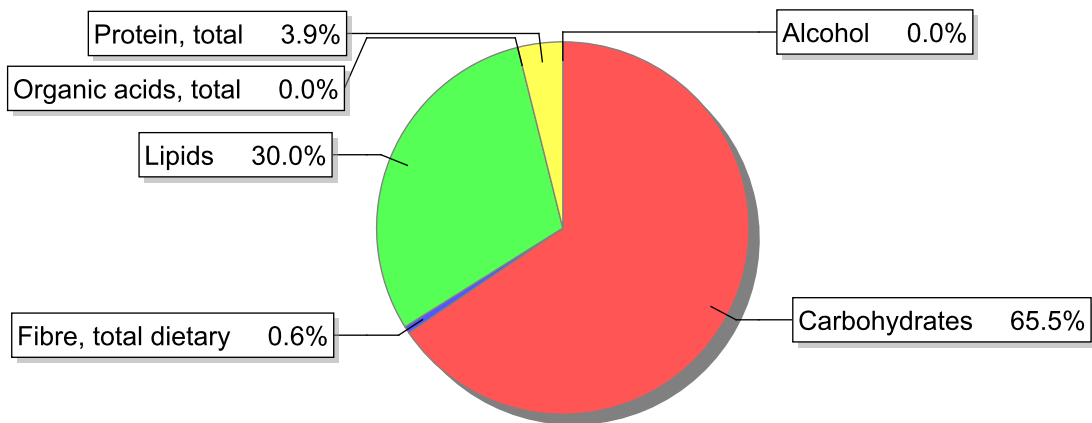
Food

Name: Egg custard tartlet
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS489
FoodEX2 Code: A00AX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	299	kcal	
energy kJ, total metabolisable	1260	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	4.6	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.2	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.3	g	
Carbohydrates		g	
sugars, total	28	g	57
sucrose	26.3	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	20.5	g	57
salt	0.4	g	
fibre, total dietary	1	g	
protein, total	2.9	g	57
alcohol	0	g	
water	36.8	g	
organic acids, total	0	g	
cholesterol	72	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	98	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.1	mg	57
riboflavin	0.07	mg	57
niacin, preformed	0.4	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.15	µg	
vitamin C	0	mg	57
folate, total	6.4	µg	
Minerals			
ash	0.60	g	
sodium	140	mg	57
potassium	100	mg	57
calcium	26	mg	57
phosphorus	51	mg	57
magnesium	7	mg	57
iron, total	1	mg	57
zinc	0.2	mg	57

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