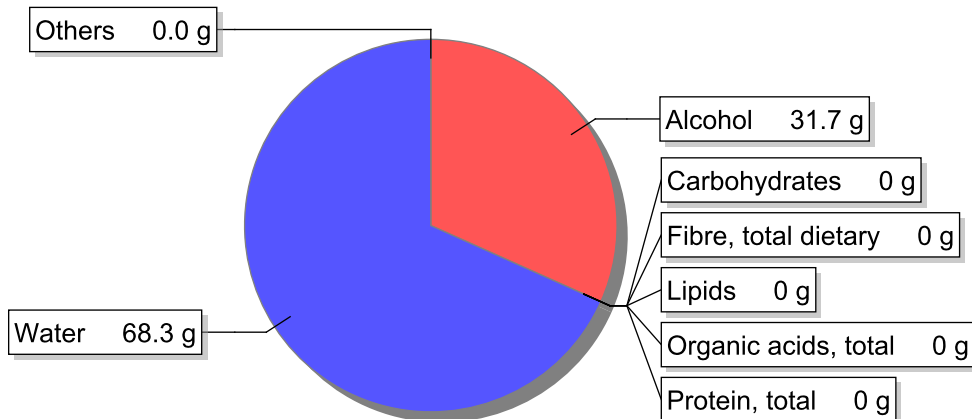


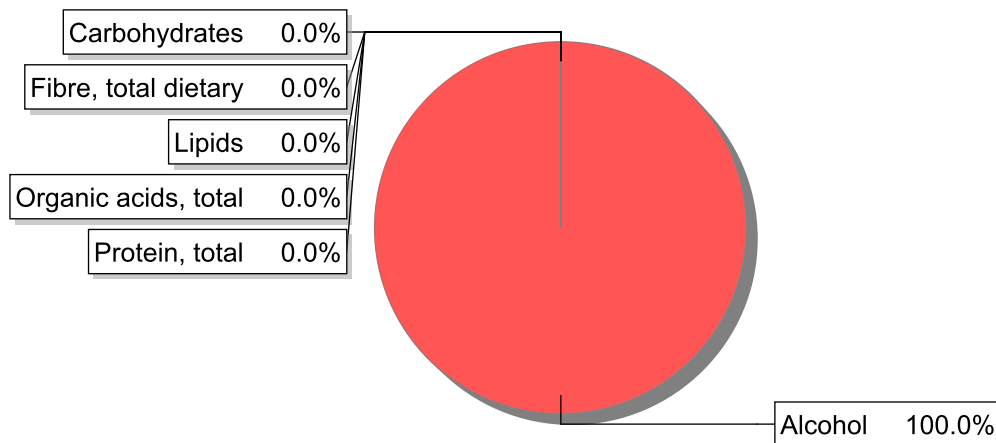
Food

Name: Gin - Rhum - Whisky
Group: Drinks
Subgroup: Alcoholic beverages
Edible Part: 100%
Code: IS731
FoodEX2 Code: A03PD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	222	kcal	
energy kJ, total metabolisable	919	kJ	
Macro nutrients			
Lipids			
fatty acids, total saturated	0	g	57
fatty acids, total monounsaturated	0	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0	g	57
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	57
salt	0	g	
fibre, total dietary	0	g	57
protein, total	0	g	57
alcohol	31.7	g	57
water	68.3	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
Vitamins			
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	mg	57
riboflavin	0	mg	57
niacin, preformed	0	mg	57
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	57
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	0	µg	57
Minerals			
ash	0	g	
sodium	0	mg	57
potassium	0	mg	57
calcium	0	mg	57
phosphorus	0	mg	57
magnesium	0	mg	57
iron, total	0	mg	57
zinc	0	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