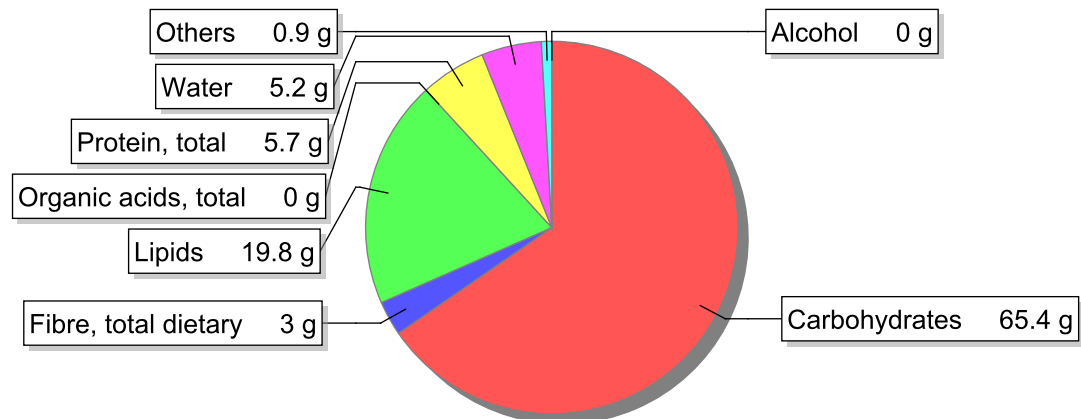


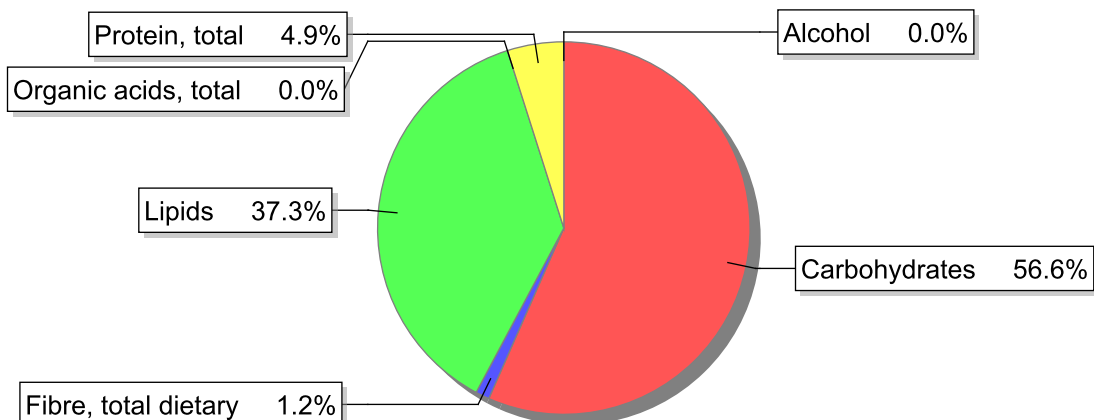
Food

Name: Biscuits, chocolate
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS465
FoodEX2 Code: A009Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	469	kcal	
energy kJ, total metabolisable	1970	kJ	
fatty acids, total saturated	12.4	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.3	g	
fatty acids, total trans	0.2	g	
sugars, total	24	g	
sucrose	21.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
starch, total	41.4	g	
protein, total	5.7	g	57
alcohol	0	g	
water	5.2	g	57
organic acids, total	0	g	
cholesterol	0	mg	
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	1.1	mg	
thiamin	0.04	mg	57
riboflavin	0.6	mg	57
niacin, preformed	2	mg	
niacin equivalents, total	3.2	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	57
folate, total	13	µg	
ash	0.80	g	
sodium	92	mg	57
potassium	220	mg	
calcium	16	mg	57
phosphorus	80	mg	57
magnesium	41	mg	
iron, total	1.2	mg	57
zinc	0.8	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