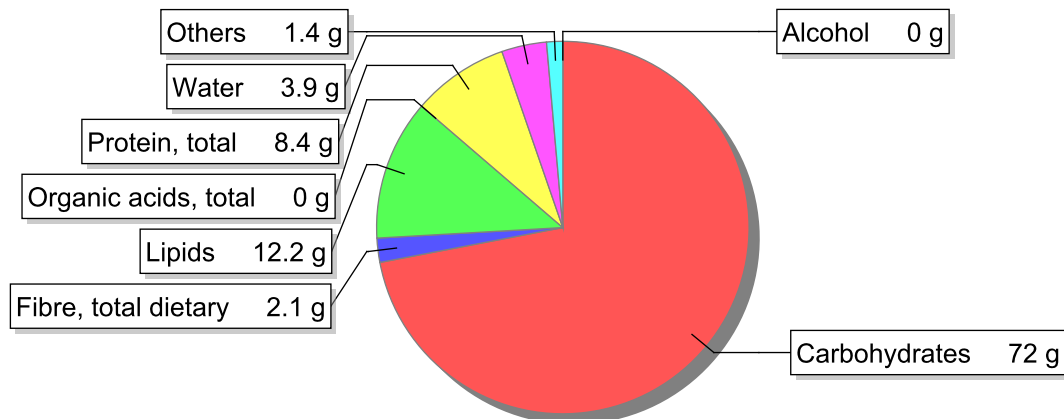


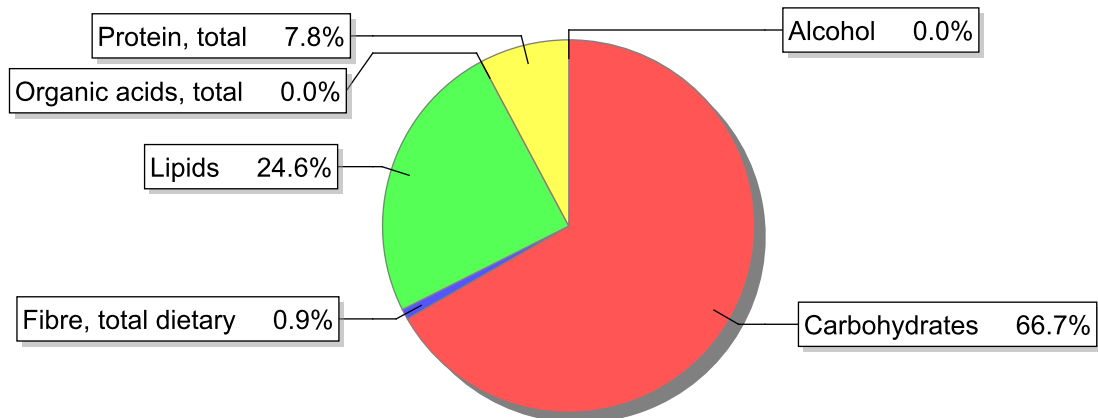
## Food

**Name:** Biscuits, Maria  
**Group:** Cereal and cereal products  
**Subgroup:** Biscuits  
**Edible Part:** 100%  
**Code:** IS469  
**FoodEX2 Code:** A009X

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 436   | kcal |           |
| energy kJ, total metabolisable     | 1840  | kJ   |           |
| fatty acids, total saturated       | 5.9   | g    |           |
| fatty acids, total monounsaturated | 3.4   | g    |           |
| fatty acids, total polyunsaturated | 1.3   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 1.3   | g    |           |
| fatty acids, total trans           | 0.1   | g    |           |
| sugars, total                      | 21.5  | g    |           |
| sucrose                            | 18.5  | g    |           |

| Name   | Value | Unit | Source(s) |
|--|-------|------|-----------|
| <b>lactose</b>   | 0     | g    |           |
| <b>salt</b>  | 1.1   | g    |           |
| <b>starch, total</b>   | 50.5  | g    |           |
| <b>protein, total</b>  | 8.4   | g    | 57        |
| <b>alcohol</b>   | 0     | g    |           |
| <b>water</b>   | 3.9   | g    | 57        |
| <b>organic acids, total</b>  | 0     | g    |           |
| <b>cholesterol</b>   | 30    | mg   |           |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 0     | µg   | 57        |
| <b>carotene, total (vitamin A precursors)</b>                          | 0     | µg   | 57        |
| <b>vitamin D</b>   | 0     | µg   |           |
| <b>alpha-tocopherol</b>  | 1.4   | mg   |           |
| <b>thiamin</b>   | 0.65  | mg   | 57        |
| <b>riboflavin</b>  | 0.45  | mg   | 57        |
| <b>niacin, preformed</b>   | 1.9   | mg   |           |
| <b>niacin equivalents, total</b>                                       | 3.7   | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 1.8   | mg   |           |
| <b>vitamin B-6, total</b>  | 0.06  | mg   |           |
| <b>vitamin B-12</b>  | 0     | µg   |           |
| <b>vitamin C</b>   | 0     | mg   |           |
| <b>folate, total</b>   | 13    | µg   |           |
| <b>ash</b>   | 1.38  | g    |           |
| <b>sodium</b>  | 420   | mg   |           |
| <b>potassium</b>   | 160   | mg   |           |
| <b>calcium</b>   | 38    | mg   | 57        |
| <b>phosphorus</b>  | 130   | mg   | 57        |
| <b>magnesium</b>   | 28    | mg   |           |
| <b>iron, total</b>   | 1.1   | mg   | 57        |
| <b>zinc</b>  | 0.4   | 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 |