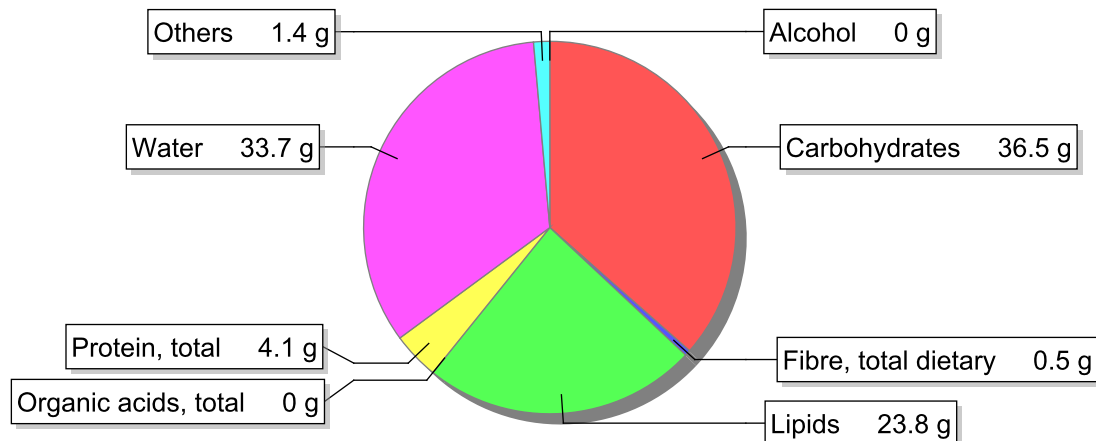


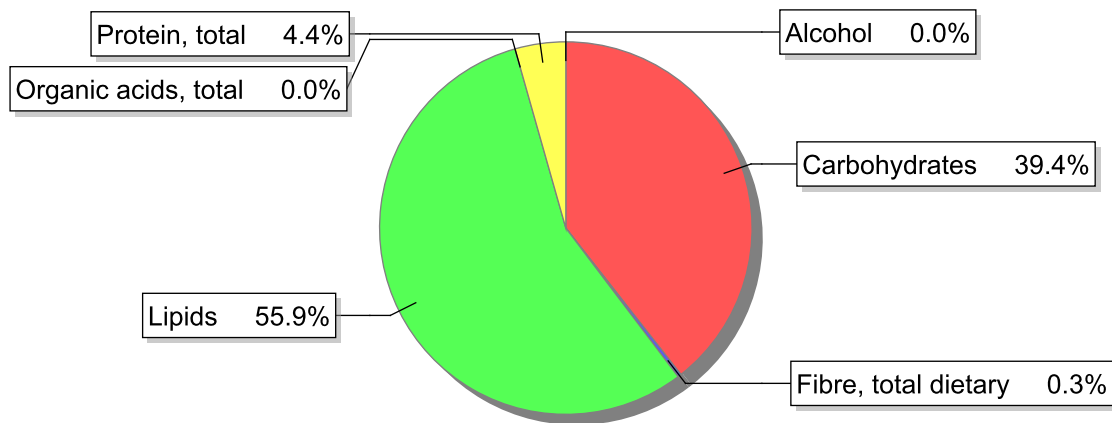
Food

Name: Éclair, chocolate
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS483
FoodEX2 Code: A00AH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	378	kcal	
energy kJ, total metabolisable	1570	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	10.3	g	
fatty acids, total monounsaturated	7.6	g	
fatty acids, total polyunsaturated	4.5	g	
fatty acid 18:2 n-6 cis,cis	4.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	1.1	g	
Carbohydrates		g	
sugars, total	25.7	g	
sucrose	24.7	g	
lactose	0.8	g	
oligosaccharides, available	0	g	
starch, total	10.8	g	
salt	0.4	g	
fibre, total dietary	0.5	g	57
protein, total	4.1	g	57
alcohol	0	g	
water	33.7	g	
organic acids, total	0	g	
cholesterol	105	mg	57
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	210	µg	57
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	57
alpha-tocopherol	1.2	mg	
thiamin	0.06	mg	57
riboflavin	0.11	mg	57
niacin, preformed	1.3	mg	57
niacin equivalents, total	2.3	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.03	mg	57
vitamin B-12	0.01	µg	
vitamin C	0	mg	
folate, total	8	µg	57
Minerals			
ash	1.40	g	
sodium	150	mg	57
potassium	88	mg	57
calcium	47	mg	57
phosphorus	73	mg	57
magnesium	16	mg	57
iron, total	0.9	mg	57
zinc	0.4	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