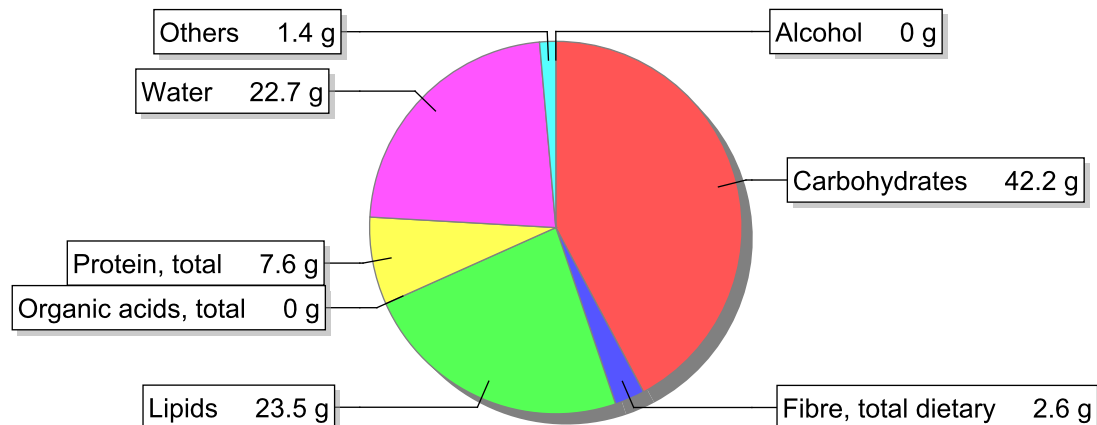


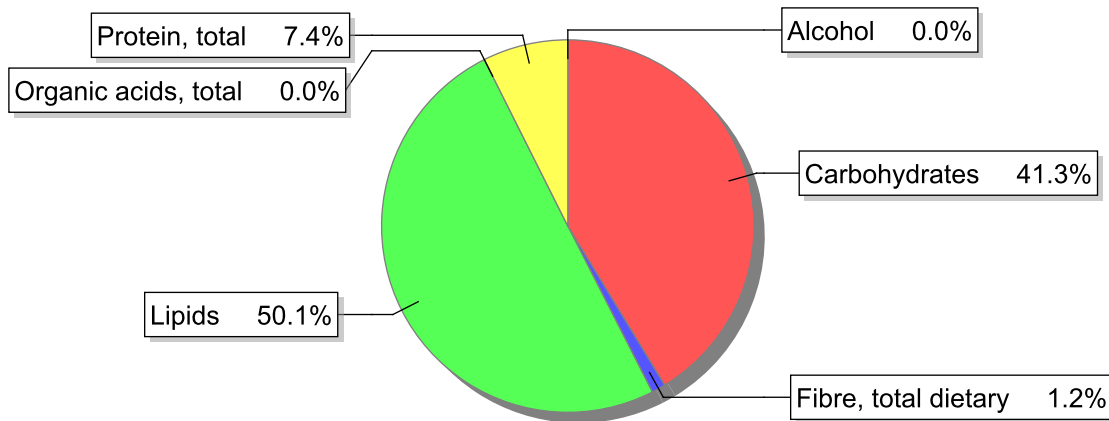
Food

Name: Croissants
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS480
FoodEX2 Code: A00BM

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	416	kcal	
energy kJ, total metabolisable	1740	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	10.4	g	
fatty acids, total monounsaturated	7	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.5	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	1.8	g	
Carbohydrates		g	
sugars, total	0.6	g	57
sucrose	0.2	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	41.6	g	57
salt	1.1	g	
fibre, total dietary	2.6	g	57
protein, total	7.6	g	57
alcohol	0	g	
water	22.7	g	
organic acids, total	0	g	
cholesterol	52	mg	57
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	21	µg	57
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	57
alpha-tocopherol	0.06	mg	
thiamin	0.14	mg	57
riboflavin	0.1	mg	57
niacin, preformed	2	mg	
niacin equivalents, total	3.6	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.08	mg	57
vitamin B-12	0.01	µg	
vitamin C	0	mg	57
folate, total	73	µg	57
Minerals			
ash	1.40	g	
sodium	440	mg	
potassium	120	mg	57
calcium	45	mg	57
phosphorus	120	mg	57
magnesium	30	mg	57
iron, total	1.8	mg	57
zinc	0.8	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