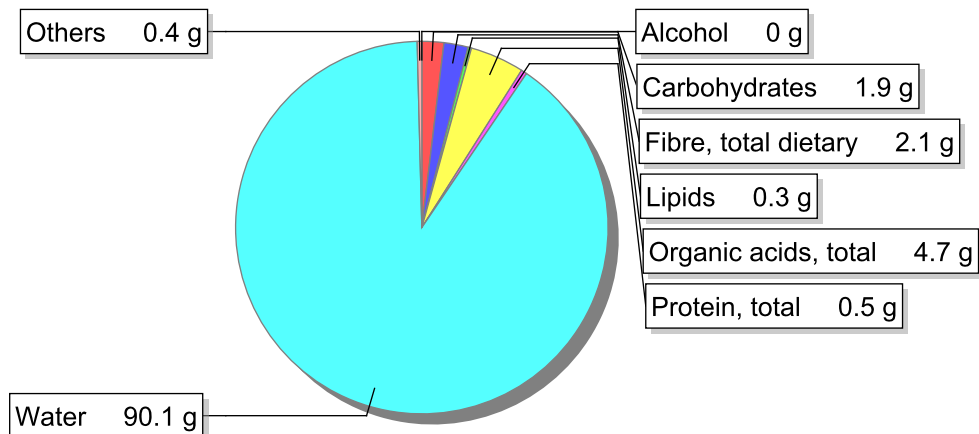


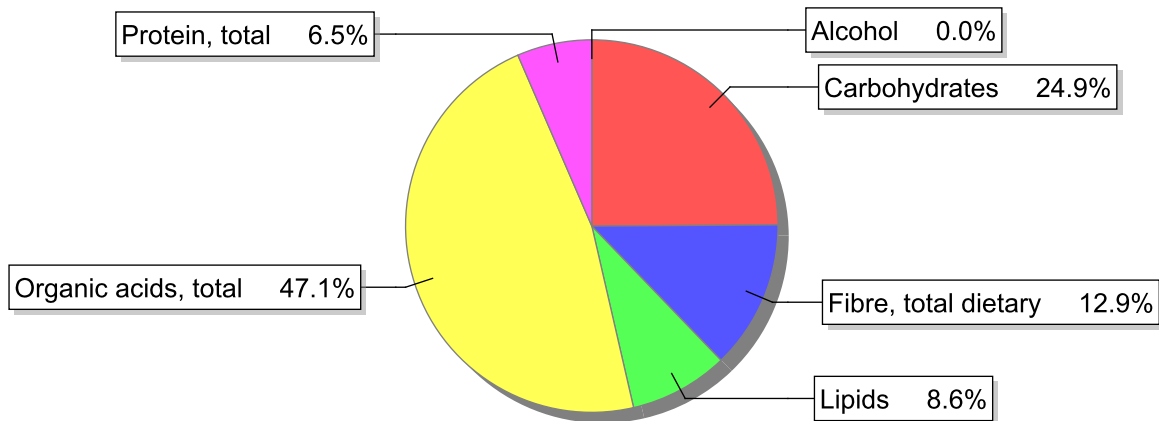
Food

Name: Lemon
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 61%
Code: IS661
FoodEX2 Code: A01BY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	31	kcal	
energy kJ, total metabolisable	130	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	1.9	g	
sucrose	0.6	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	2.1	g	
protein, total	0.5	g	57
alcohol	0	g	
water	90.1	g	
organic acids, total	4.7	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	
carotene, total (vitamin A precursors)	11	µg	
vitamin D	0	µg	
alpha-tocopherol	0.6	mg	
thiamin	0.04	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.3	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.07	mg	57
vitamin B-12	0	µg	
vitamin C	55	mg	57
folate, total	9	µg	
Minerals			
ash	0.42	g	
sodium	2	mg	57
potassium	140	mg	
calcium	26	mg	57
phosphorus	16	mg	57
magnesium	9	mg	
iron, total	0.5	mg	57
zinc	0.1	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