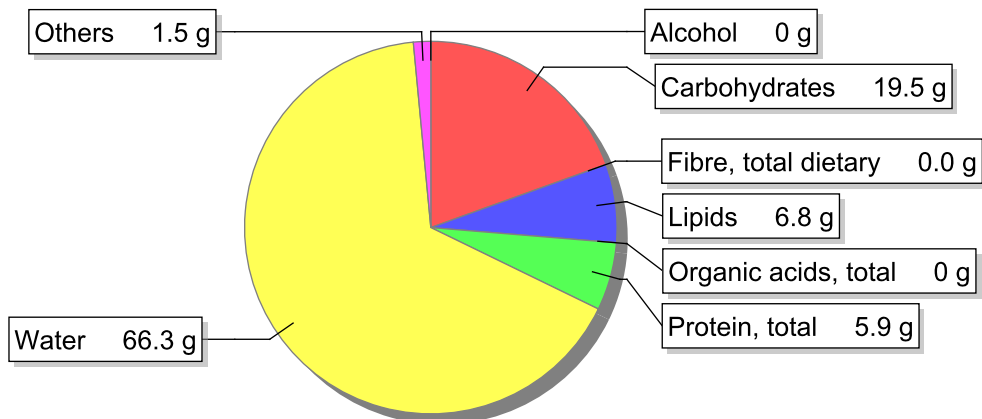


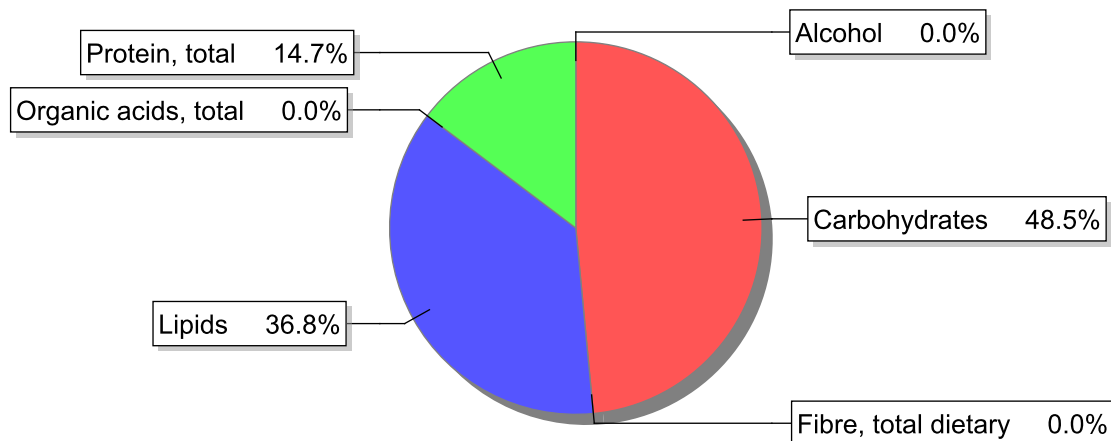
Food

Name: Dessert, "Crème brûlée"
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS500
FoodEX2 Code: A02PV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	683	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	2.3	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.674	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	18.5	g	
sucrose	13.9	g	
lactose	4.6	g	
oligosaccharides, available	0	g	
starch, total	1	g	
salt	0.1	g	
fibre, total dietary	0.0	g	
protein, total	5.9	g	
alcohol	0	g	
water	66.3	g	
organic acids, total	0	g	
cholesterol	227	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	106	µg	
carotene, total (vitamin A precursors)	11	µg	
vitamin D	0.9	µg	
alpha-tocopherol	0.82	mg	
thiamin	0.08	mg	
riboflavin	0.28	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	1.68	mg	
niacin equivalents from tryptophan	1.48	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0.59	µg	
vitamin C	0	mg	
folate, total	24	µg	
Minerals			
ash	1.03	g	
sodium	46	mg	
potassium	170	mg	
calcium	130	mg	
phosphorus	160	mg	
magnesium	11	mg	
iron, total	1.1	mg	
zinc	1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References