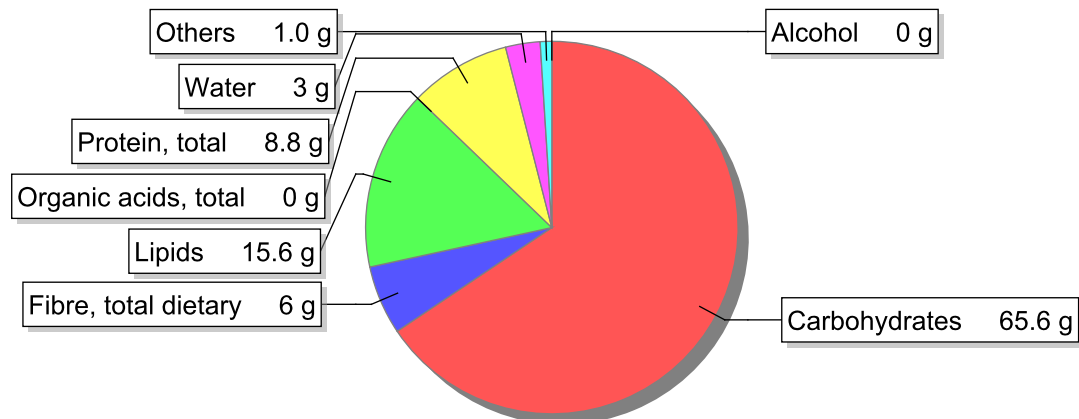


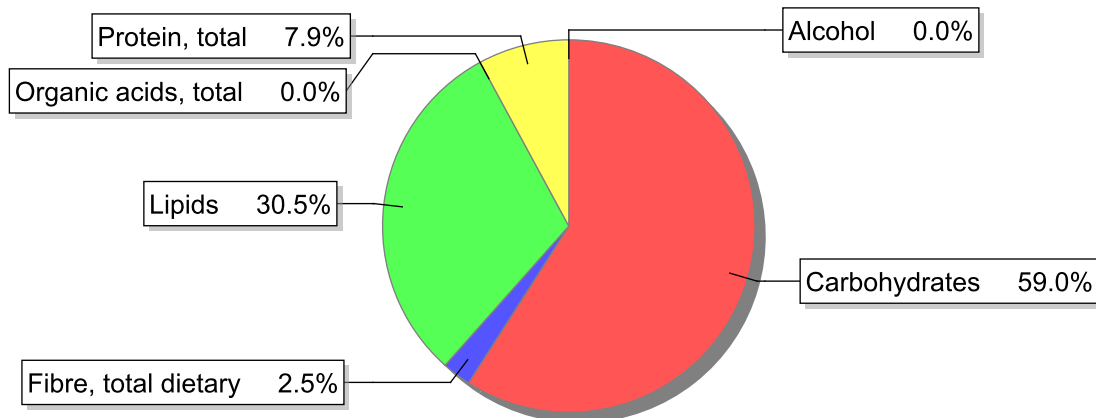
## Food

**Name:** Biscuits, wheat, whole  
**Group:** Cereal and cereal products  
**Subgroup:** Biscuits  
**Edible Part:** 100%  
**Code:** IS467  
**FoodEX2 Code:** A00AA

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	450	kcal	
energy kJ, total metabolisable	1890	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	5	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.7	g	
fatty acids, total trans	0.7	g	
sugars, total	3	g	
sucrose	3	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	1.6	g	
<b>starch, total</b>	62.6	g	
<b>protein, total</b>	8.8	g	
<b>alcohol</b>	0	g	
<b>water</b>	3	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	1.3	mg	
<b>thiamin</b>	0.22	mg	
<b>riboflavin</b>	0.05	mg	
<b>niacin, preformed</b>	2.4	mg	
<b>niacin equivalents, total</b>	4	mg	
<b>niacin equivalents from tryptophan</b>	1.6	mg	
<b>vitamin B-6, total</b>	0.16	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	23	µg	
<b>ash</b>	1.50	g	
<b>sodium</b>	630	mg	
<b>potassium</b>	150	mg	
<b>calcium</b>	96	mg	
<b>phosphorus</b>	150	mg	
<b>magnesium</b>	43	mg	
<b>iron, total</b>	2.2	mg	
<b>zinc</b>	1	mg	

## Legend

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

## References