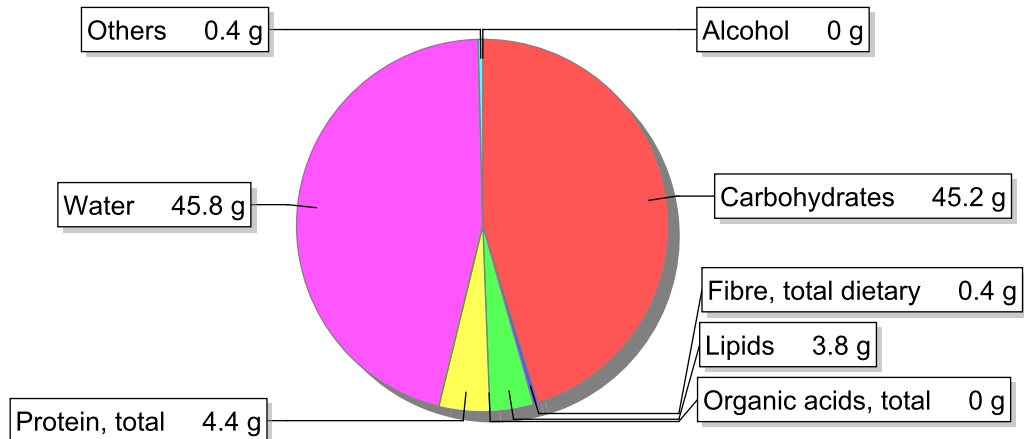


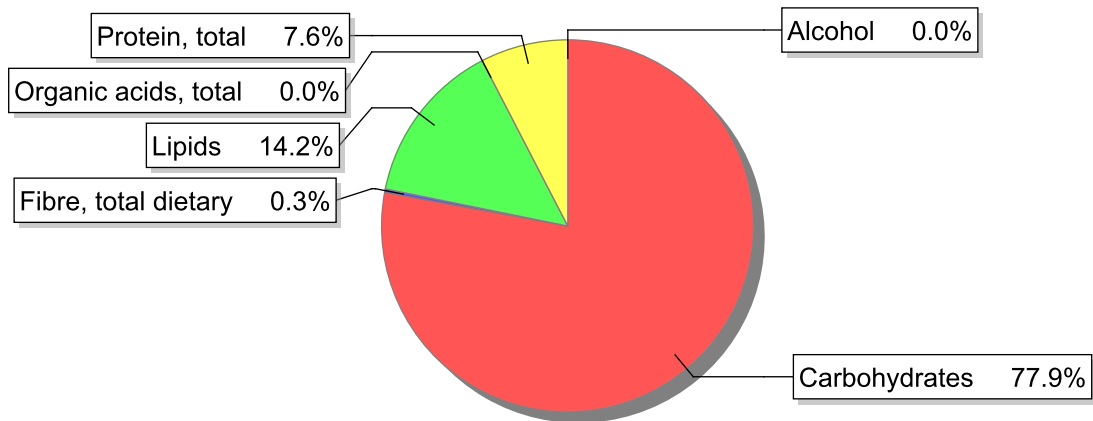
Food

Name: Rice, dessert
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS499
FoodEX2 Code: A02PV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	233	kcal	
energy kJ, total metabolisable	987	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.2	g	
fatty acids, total monounsaturated	1.3	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.402	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	29.1	g	
sucrose	27	g	
lactose	2.1	g	
oligosaccharides, available	0	g	
starch, total	16.1	g	
salt	0.1	g	
fibre, total dietary	0.4	g	
protein, total	4.4	g	
alcohol	0	g	
water	45.8	g	
organic acids, total	0	g	
cholesterol	129	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	58	µg	
carotene, total (vitamin A precursors)	5	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.48	mg	
thiamin	0.05	mg	
riboflavin	0.15	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.54	mg	
niacin equivalents from tryptophan	1.05	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0.32	µg	
vitamin C	0	mg	
folate, total	17	µg	
Minerals			
ash	0.640	g	
sodium	23	mg	
potassium	97	mg	
calcium	63	mg	
phosphorus	99	mg	
magnesium	12	mg	
iron, total	0.7	mg	
zinc	0.8	mg	

Legend

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

References