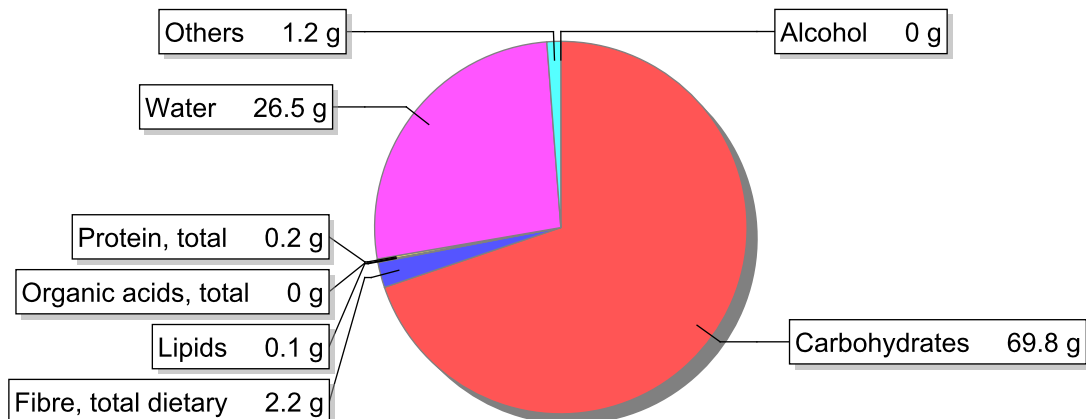


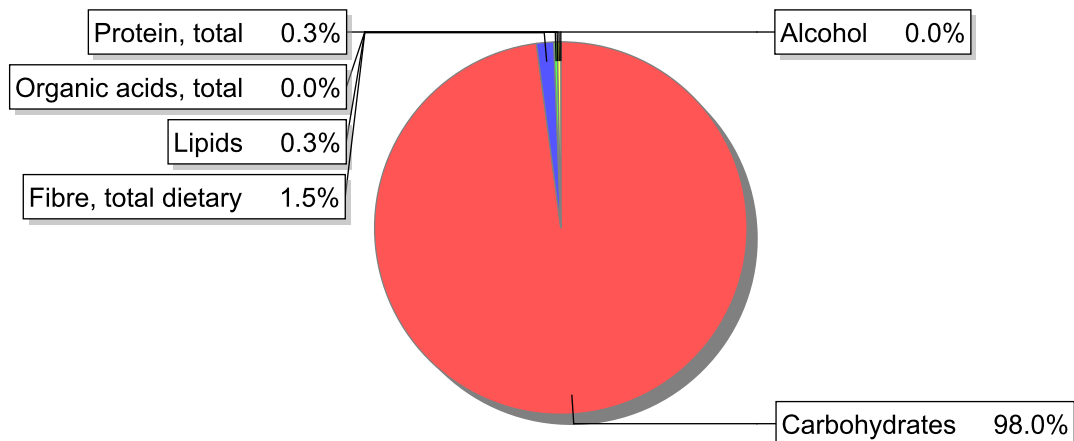
Food

Name: Pear, crystallized
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 95%
Code: IS684
FoodEX2 Code: A01PZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	285	kcal	
energy kJ, total metabolisable	1210	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	69.8	g	
sucrose	54.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
starch, total	0	g	
protein, total	0.2	g	57
alcohol	0	g	57
water	26.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	0	µg	
ash	0.15	g	
sodium	65	mg	
potassium	17	mg	
calcium	13	mg	57
phosphorus	4	mg	57
magnesium	5	mg	
iron, total	0.3	mg	57
zinc	0.2	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