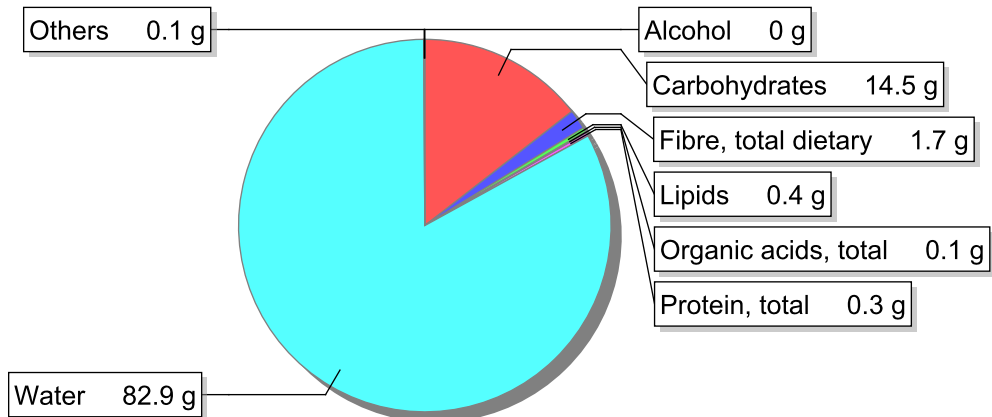


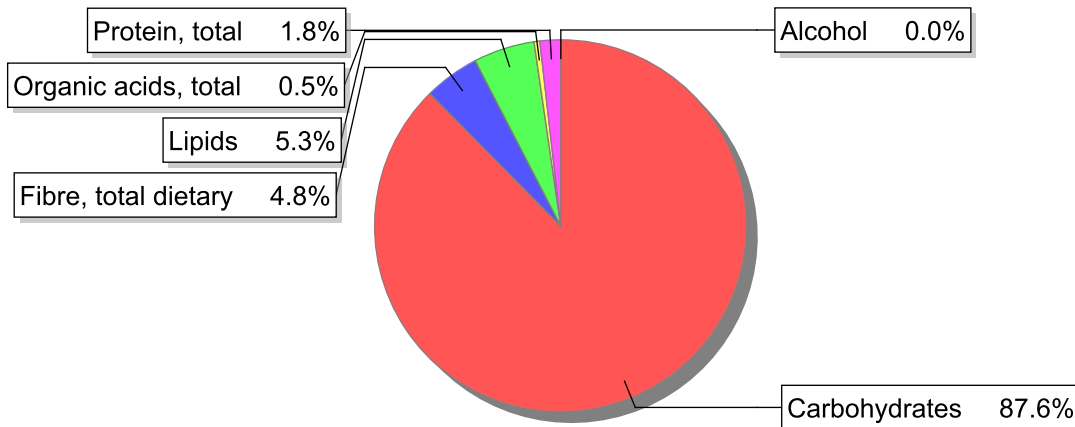
**Food**

**Name:** Pear, stewed with sugar  
**Group:** Fruit  
**Subgroup:** Fresh fruit  
**Edible Part:** 100%  
**Code:** IS681  
**FoodEX2 Code:** A01DP

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	67	kcal	
energy kJ, total metabolisable	281	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	14.5	g	
sucrose	9.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	0.3	g	
alcohol	0	g	
water	82.9	g	
organic acids, total	0.1	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	6	µg	
vitamin D	0	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.01	mg	
riboflavin	0.02	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.01	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	
folate, total	1	µg	
ash	0.20	g	
sodium	4	mg	
potassium	91	mg	
calcium	9	mg	
phosphorus	7	mg	
magnesium	6	mg	
iron, total	0.3	mg	
zinc	0.2	mg	

## Legend

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

## References