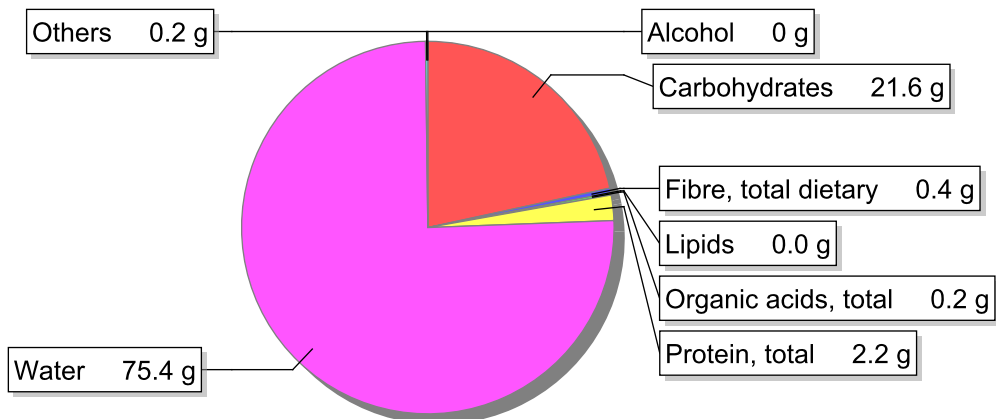


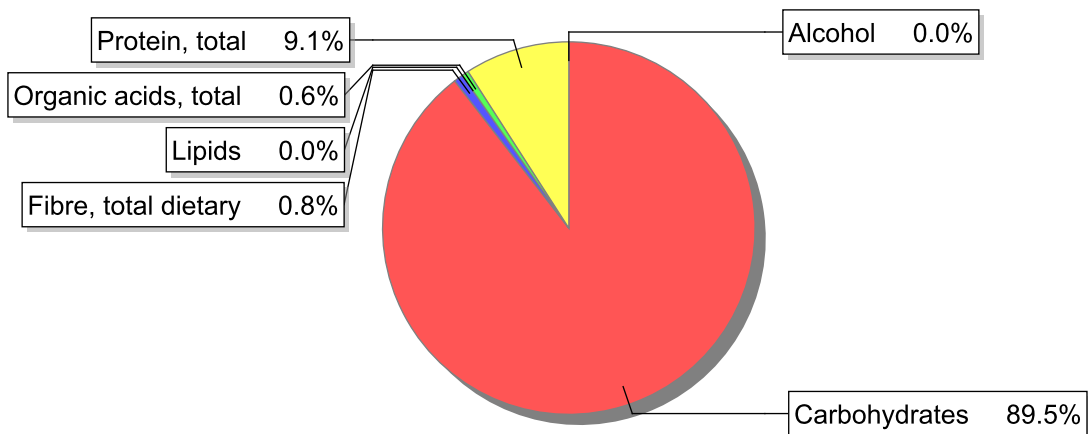
Food

Name: Gelatine, made up with canned pineapple
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS516
FoodEX2 Code: A036H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	97	kcal	
energy kJ, total metabolisable	410	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.0	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	21.6	g	
sucrose	14	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	2.2	g	
alcohol	0	g	
water	75.4	g	
organic acids, total	0.2	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0	µg	
alpha-tocopherol	0.02	mg	
thiamin	0.01	mg	
riboflavin	0.01	mg	
niacin, preformed	0.08	mg	
niacin equivalents, total	0.08	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0	µg	
vitamin C	2.9	mg	
folate, total	0.4	µg	
ash	0.235	g	
sodium	2.6	mg	
potassium	46	mg	
calcium	9.5	mg	
phosphorus	2.8	mg	
magnesium	5	mg	
iron, total	0.1	mg	
zinc	0.1	mg	

Legend

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

References