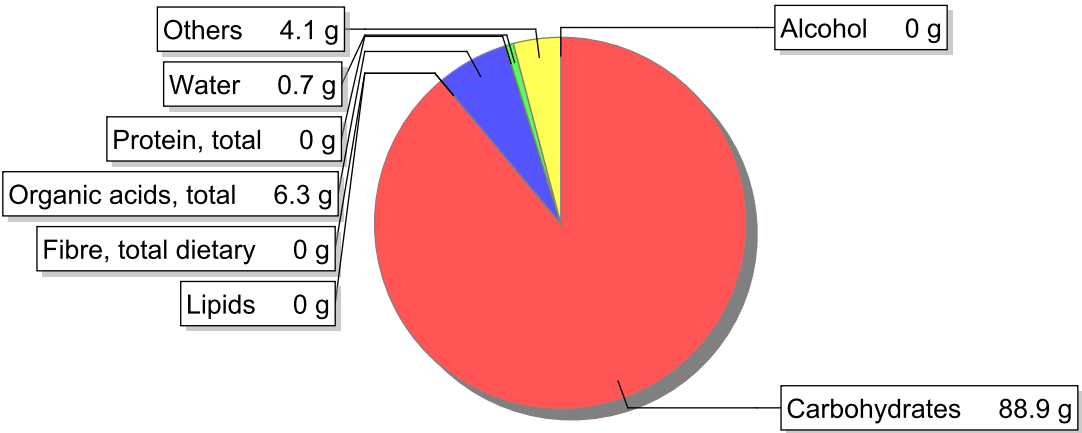


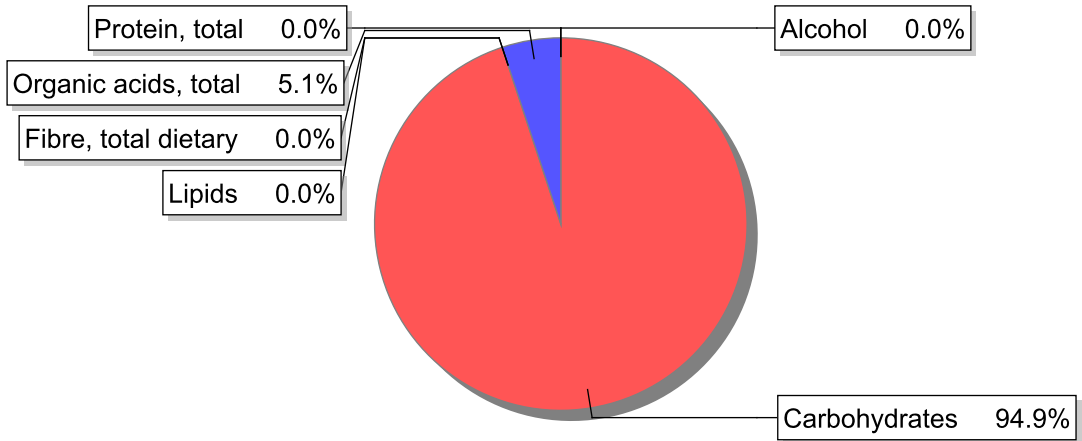
Food

Name: Instant drinks powder, orange
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code: IS743
FoodEX2 Code: A03GF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	375	kcal	
energy kJ, total metabolisable	1590	kJ	
fatty acids, total saturated	0	g	57
fatty acids, total monounsaturated	0	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57
fatty acids, total trans	0	g	
sugars, total	88.9	g	57
sucrose	87.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
fibre, total dietary	0	g	57
protein, total	0	g	57
alcohol	0	g	57
water	0.7	g	57
organic acids, total	6.3	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	57
riboflavin	0	mg	57
niacin, preformed	0	mg	57
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	57
vitamin B-12	0	µg	57
vitamin C	375	mg	57
folate, total	0	µg	57
ash	1.08	g	
sodium	0	mg	57
potassium	0	mg	57
calcium	0	mg	57
phosphorus	0	mg	57
magnesium	0	mg	57
iron, total	0	mg	57
zinc	0	mg	57

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