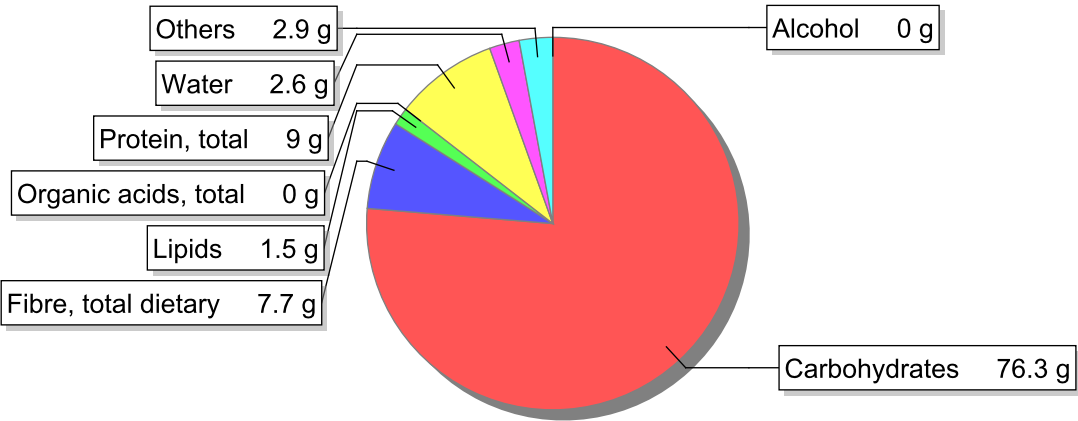


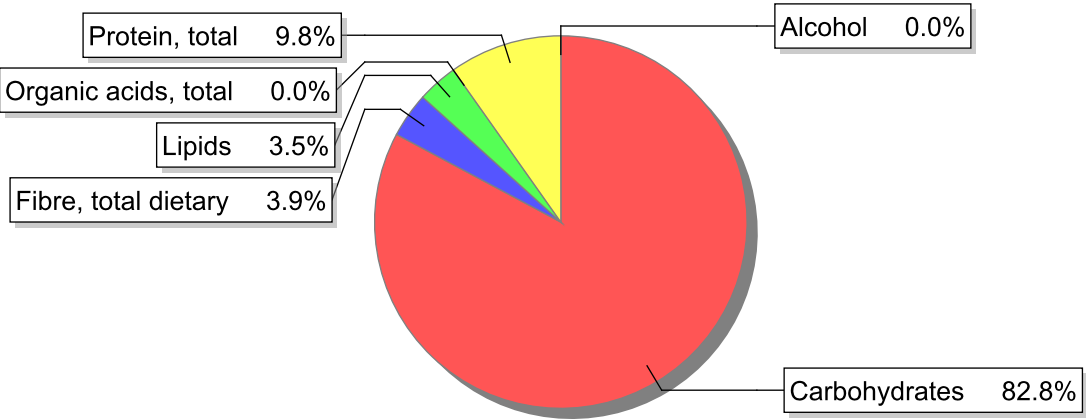
Food

Name: Wheat flakes with figs, type "Nestum"
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS947
FoodEX2 Code: A03QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	370	kcal	
energy kJ, total metabolisable	1570	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	28	g	
sucrose	7.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	7.7	g	
protein, total	9	g	
alcohol	0	g	
water	2.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	210	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	6.3	µg	
alpha-tocopherol	5	mg	
thiamin	0.5	mg	
riboflavin	0.5	mg	
niacin, preformed	8	mg	
niacin equivalents, total	9.1	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	65	mg	
folate, total	19	µg	
ash	2.90	g	
sodium	400	mg	
potassium	410	mg	
calcium	140	mg	
phosphorus	120	mg	
magnesium	55	mg	
iron, total	15	mg	
zinc	0.8	mg	

Legend

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

References