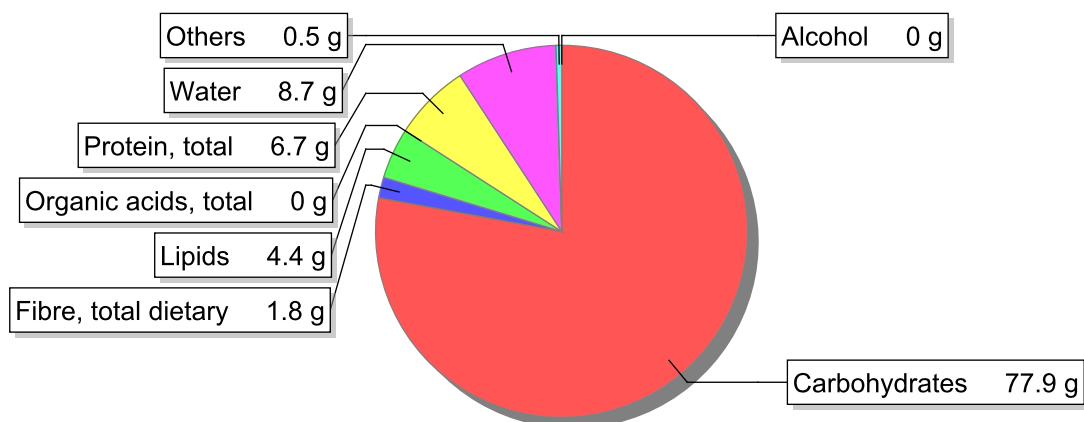


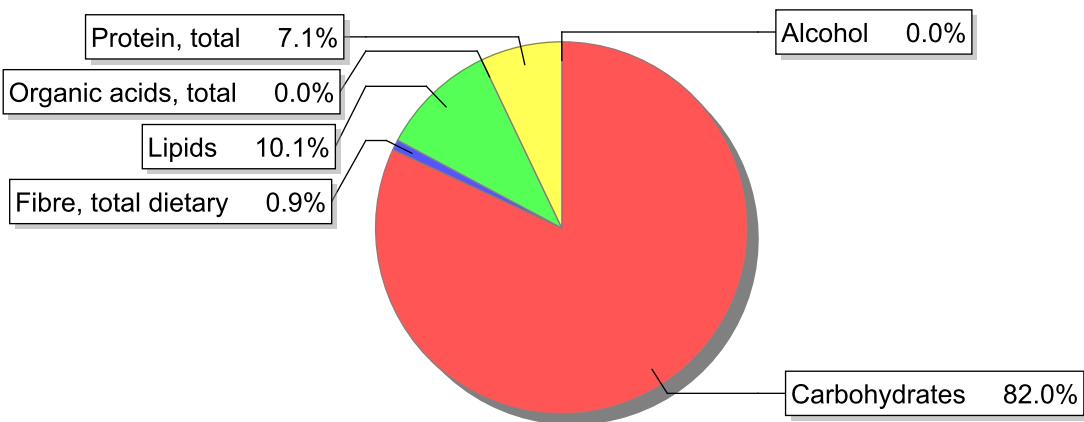
Food

Name: Cookies, lemon flavoured
Group: Cereal and cereal products
Subgroup: Cookies
Edible Part: 100%
Code: IS456
FoodEX2 Code: A009X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	382	kcal	
energy kJ, total metabolisable	1620	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	g	
sugars, total	24	g	
sucrose	23.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.8	g	
protein, total	6.7	g	57
alcohol	0	g	
water	8.7	g	57
organic acids, total	0	g	
cholesterol	61	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	64	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.8	mg	
thiamin	0.18	mg	57
riboflavin	0.14	mg	57
niacin, preformed	0.7	mg	57
niacin equivalents, total	2.1	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.31	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	0.50	g	
sodium	53	mg	57
potassium	120	mg	
calcium	28	mg	57
phosphorus	80	mg	57
magnesium	25	mg	
iron, total	1.2	mg	57
zinc	0.7	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