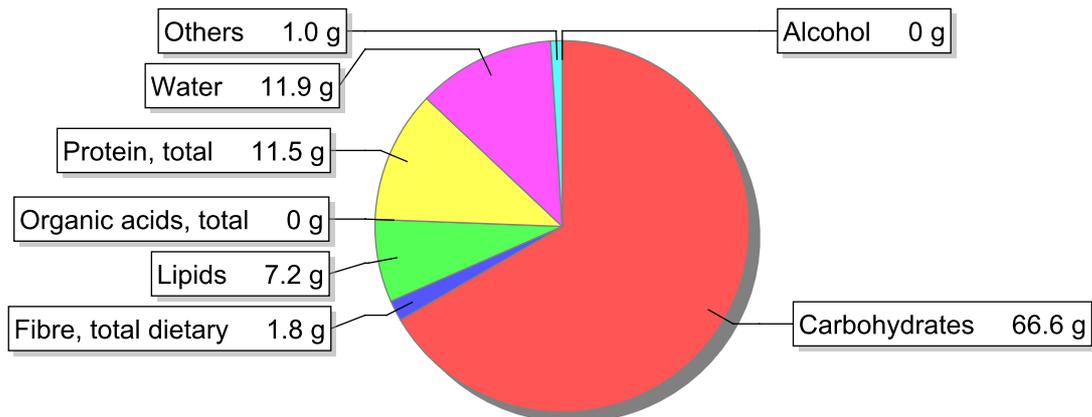


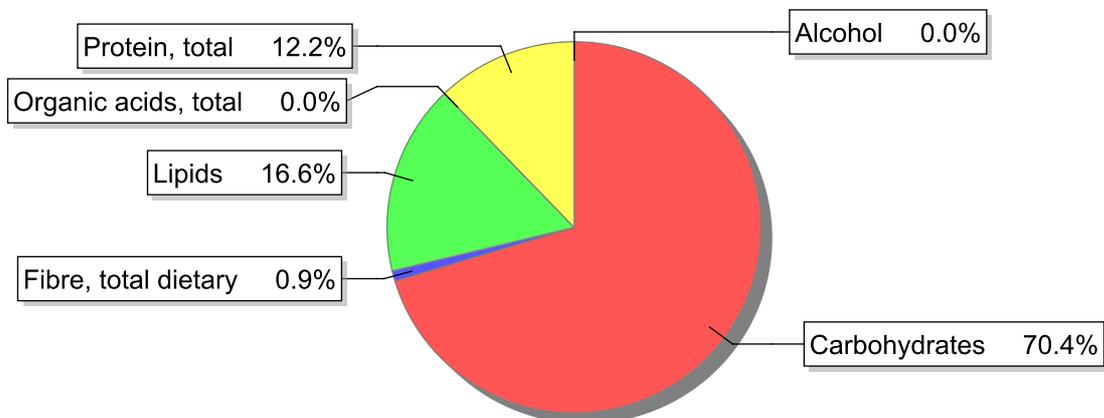
Food

Name: Cookies, "la Reine"
Group: Cereal and cereal products
Subgroup: Cookies
Edible Part: 100%
Code: IS459
FoodEX2 Code: A16FJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	381	kcal	
energy kJ, total metabolisable	1610	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	2.3	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0.1	g	
sugars, total	36.7	g	
sucrose	36.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.8	g	
protein, total	11.5	g	57
alcohol	0	g	
water	11.9	g	57
organic acids, total	0	g	
cholesterol	2	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	81	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	1	µg	
alpha-tocopherol	1	mg	
thiamin	0.08	mg	
riboflavin	0.26	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	2.7	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	57
folate, total	19	µg	
ash	1.00	g	
sodium	82	mg	
potassium	120	mg	
calcium	75	mg	
phosphorus	120	mg	
magnesium	13	mg	
iron, total	1.7	mg	
zinc	1.1	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