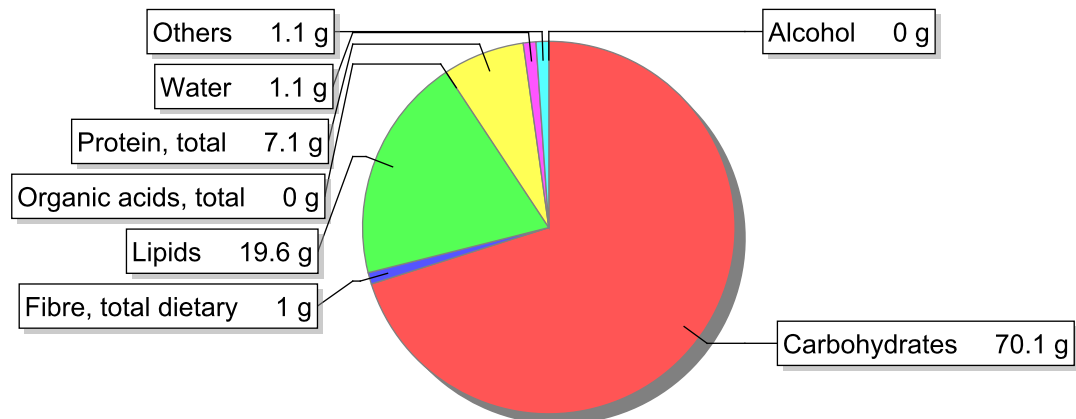


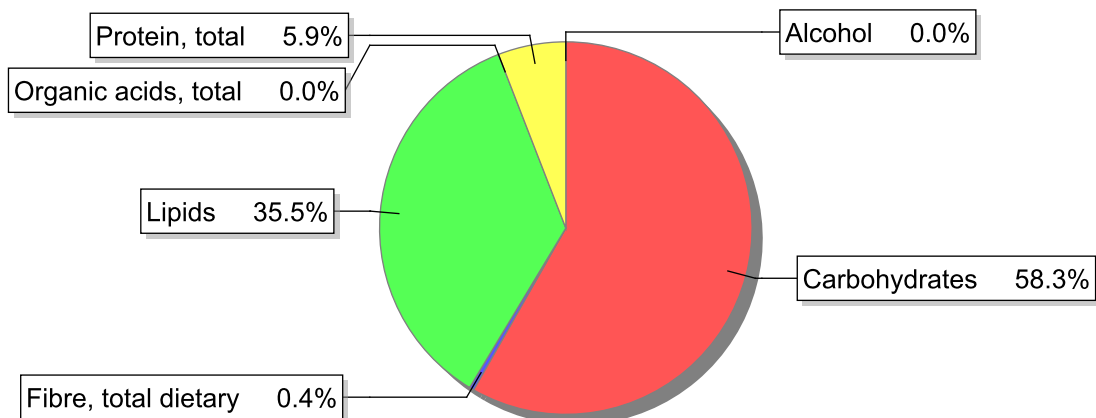
Food

Name: Biscuits, "Belga"
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS464
FoodEX2 Code: A009Y

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	487	kcal	
energy kJ, total metabolisable	2050	kJ	
fatty acids, total saturated	9.5	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	2	g	
fatty acid 18:2 n-6 cis,cis	1.9	g	
fatty acids, total trans	0.1	g	
sugars, total	28.4	g	
sucrose	27.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	41.7	g	
protein, total	7.1	g	57
alcohol	0	g	
water	1.1	g	57
organic acids, total	0	g	
cholesterol	16	mg	
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	1.4	mg	
thiamin	0.11	mg	57
riboflavin	0.16	mg	57
niacin, preformed	1.2	mg	57
niacin equivalents, total	2.6	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	57
folate, total	13	µg	
ash	1.03	g	
sodium	54	mg	57
potassium	170	mg	
calcium	12	mg	57
phosphorus	85	mg	57
magnesium	26	mg	
iron, total	1	mg	57
zinc	0.6	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