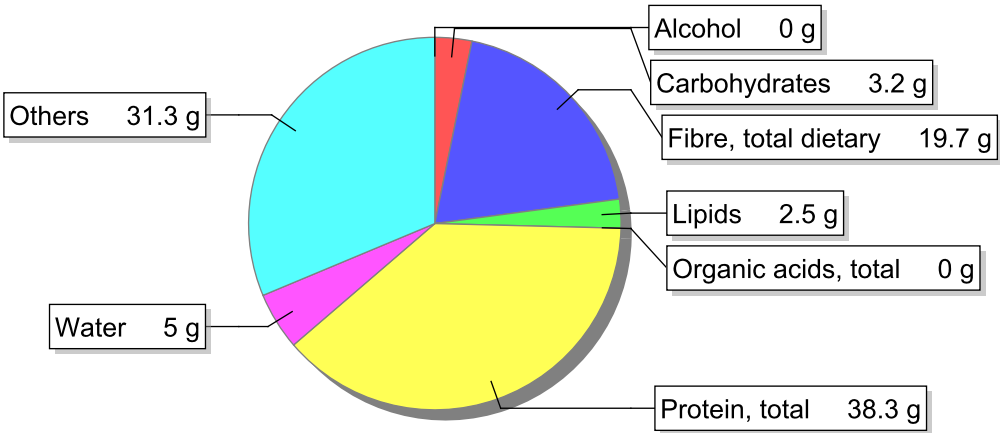


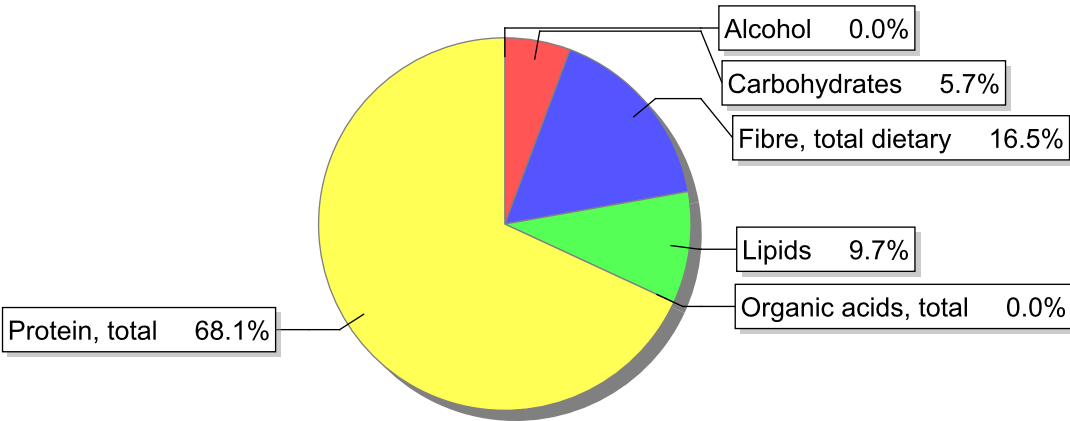
Food

Name: Yeast, baker's dry
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code: IS778
FoodEX2 Code: A049A

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	228	kcal	
energy kJ, total metabolisable	956	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	19.7	g	
protein, total	38.3	g	
alcohol	0	g	
water	5	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	2.3	mg	
riboflavin	4.7	mg	
niacin, preformed	8.2	mg	
niacin equivalents, total	15	mg	
niacin equivalents from tryptophan	6.7	mg	
vitamin B-6, total	1.9	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	2500	µg	
ash	7.70	g	
sodium	48	mg	
potassium	2000	mg	
calcium	63	mg	
phosphorus	1250	mg	
magnesium	170	mg	
iron, total	18	mg	
zinc	9.3	mg	

Legend

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

References