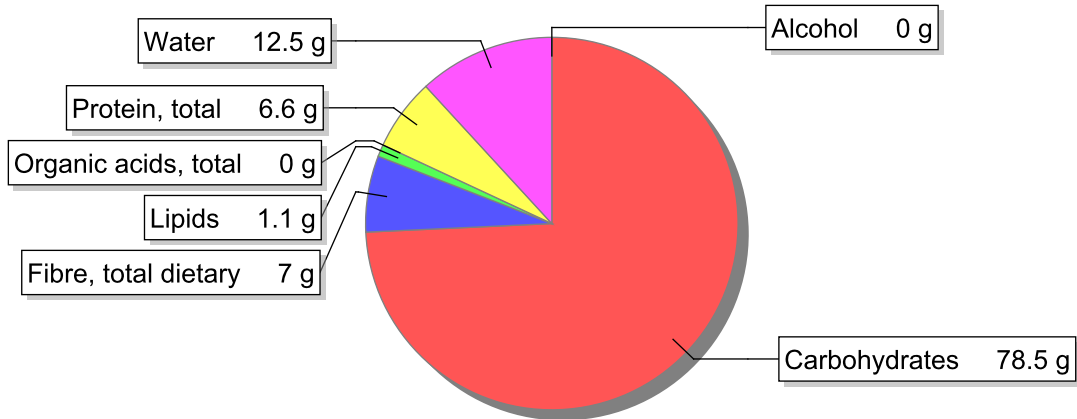


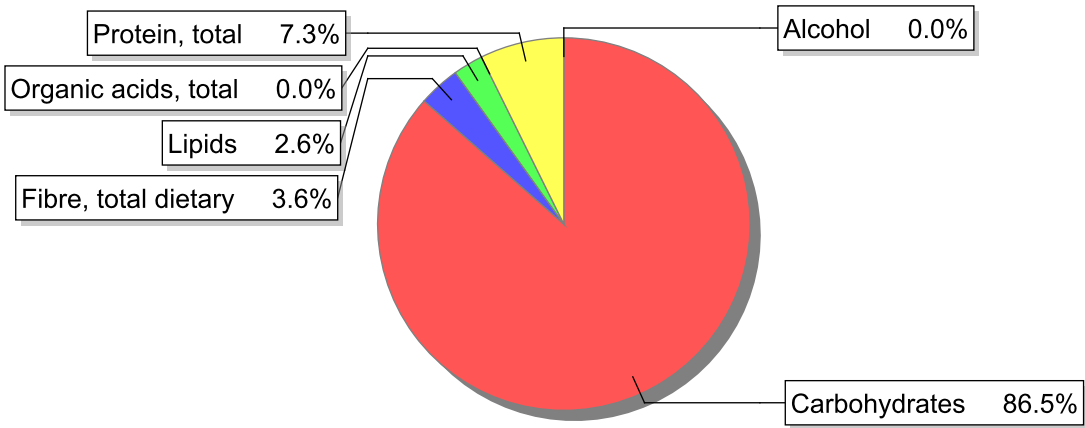
Food

Name: Flour, rye, type 70
Group: Cereal and cereal products
Subgroup: Flour
Edible Part: 100%
Code: IS410
FoodEX2 Code: A003J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	364	kcal	
energy kJ, total metabolisable	1540	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	7	g	
protein, total	6.6	g	57
alcohol	0	g	
water	12.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
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	0.8	mg	
thiamin	0.31	mg	57
riboflavin	0.11	mg	57
niacin, preformed	0.5	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	63	µg	
ash	0.70	g	
sodium	1	mg	
potassium	240	mg	
calcium	23	mg	57
phosphorus	110	mg	57
magnesium	49	mg	
iron, total	1.6	mg	57
zinc	1.6	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