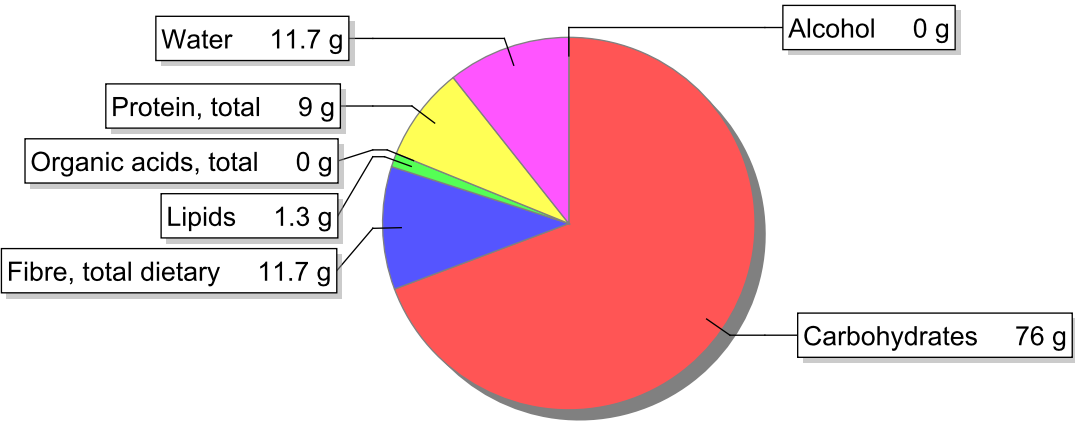


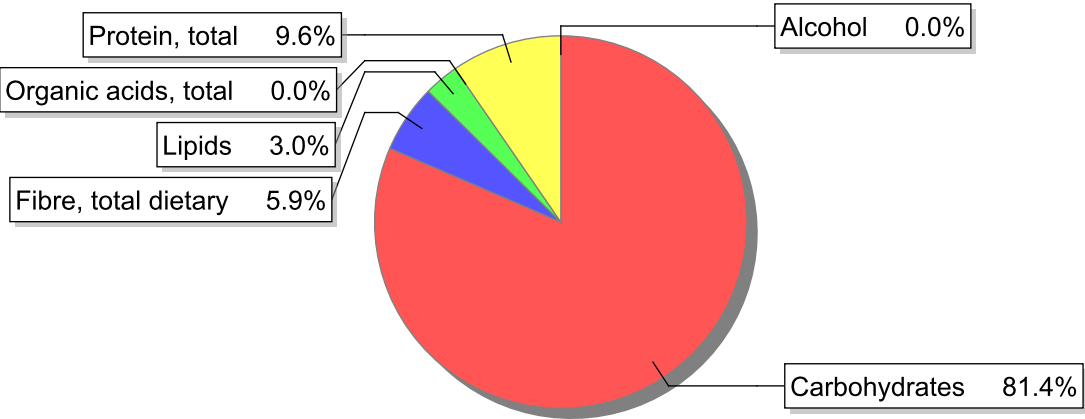
Food

Name: Flour, rye, type 85
Group: Cereal and cereal products
Subgroup: Flour
Edible Part: 100%
Code: IS411
FoodEX2 Code: A003J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	375	kcal	
energy kJ, total metabolisable	1590	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.7	g	57
fatty acid 18:2 n-6 cis,cis	0.6	g	57
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	11.7	g	
protein, total	9	g	57
alcohol	0	g	
water	11.7	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	0.9	mg	
thiamin	0.38	mg	57
riboflavin	0.15	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	1.7	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	78	µg	
ash	1.10	g	
sodium	1	mg	
potassium	410	mg	
calcium	36	mg	57
phosphorus	190	mg	57
magnesium	92	mg	
iron, total	1.9	mg	57
zinc	3	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