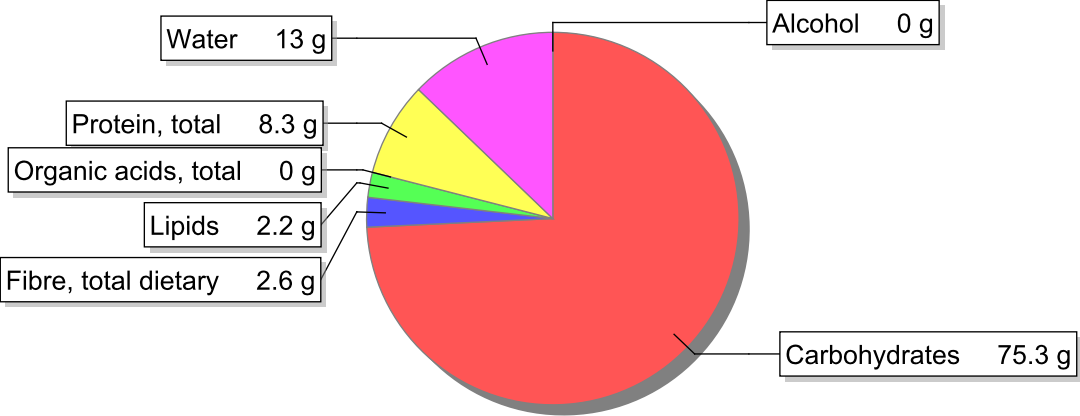


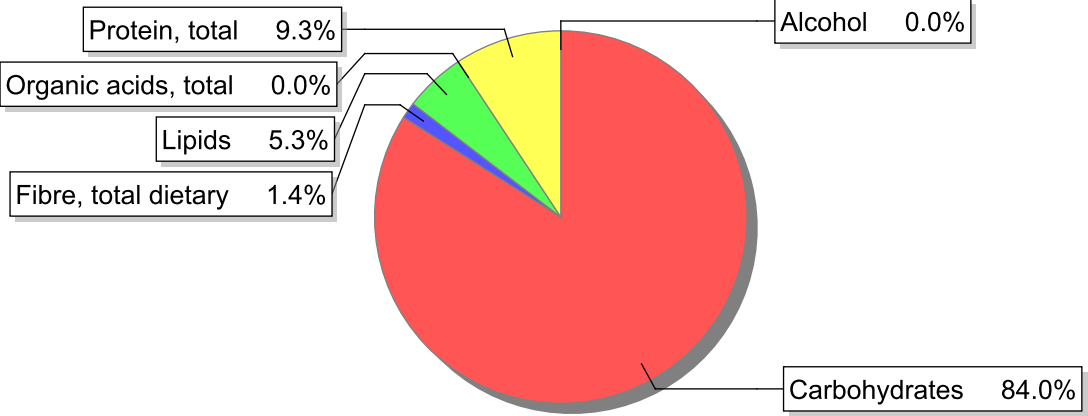
Food

Name: Flour, corn, type 70
Group: Cereal and cereal products
Subgroup: Flour
Edible Part: 100%
Code: IS413
FoodEX2 Code: A002Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	359	kcal	
energy kJ, total metabolisable	1520	kJ	
fatty acids, total saturated	0.3	g	57
fatty acids, total monounsaturated	0.6	g	57
fatty acids, total polyunsaturated	1.1	g	57
fatty acid 18:2 n-6 cis,cis	1.0	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	2.6	g	
protein, total	8.3	g	57
alcohol	0	g	
water	13	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.36	mg	57
riboflavin	0.1	mg	57
niacin, preformed	1	mg	57
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.56	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	10	µg	
ash	0.50	g	
sodium	1	mg	57
potassium	120	mg	57
calcium	8	mg	57
phosphorus	100	mg	57
magnesium	46	mg	57
iron, total	0.8	mg	57
zinc	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