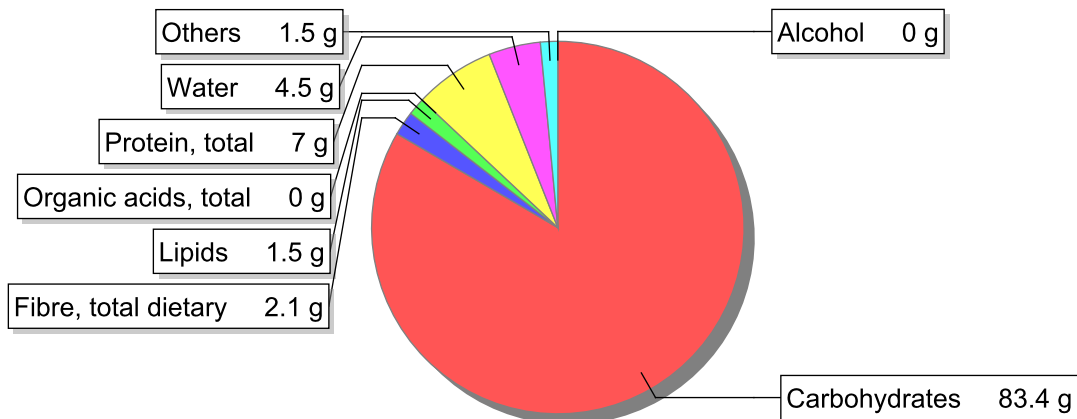


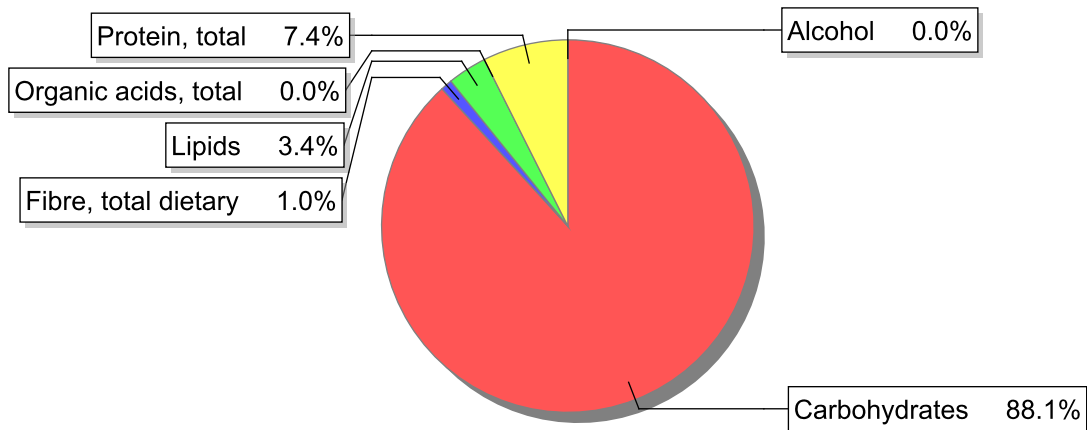
### Food

**Name:** Rice flakes  
**Group:** Cereal and cereal products  
**Subgroup:** Breakfast cereal and special flour  
**Edible Part:** 100%  
**Code:** IS445  
**FoodEX2 Code:** A00DS

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	379	kcal	
energy kJ, total metabolisable	1610	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0.2	g	
sugars, total	7	g	
sucrose	5.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	57
protein, total	7	g	57
alcohol	0	g	
water	4.5	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	
alpha-tocopherol	0.6	mg	
thiamin	0.02	mg	57
riboflavin	0.04	mg	57
niacin, preformed	2.4	mg	57
niacin equivalents, total	3.9	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	19	µg	
ash	1.52	g	
sodium	470	mg	57
potassium	160	mg	57
calcium	4	mg	57
phosphorus	94	mg	57
magnesium	25	mg	
iron, total	0.4	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