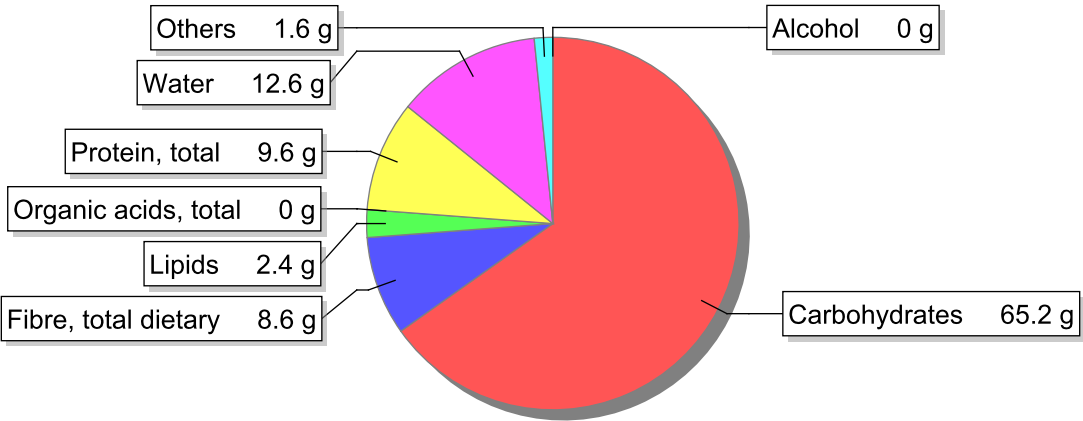


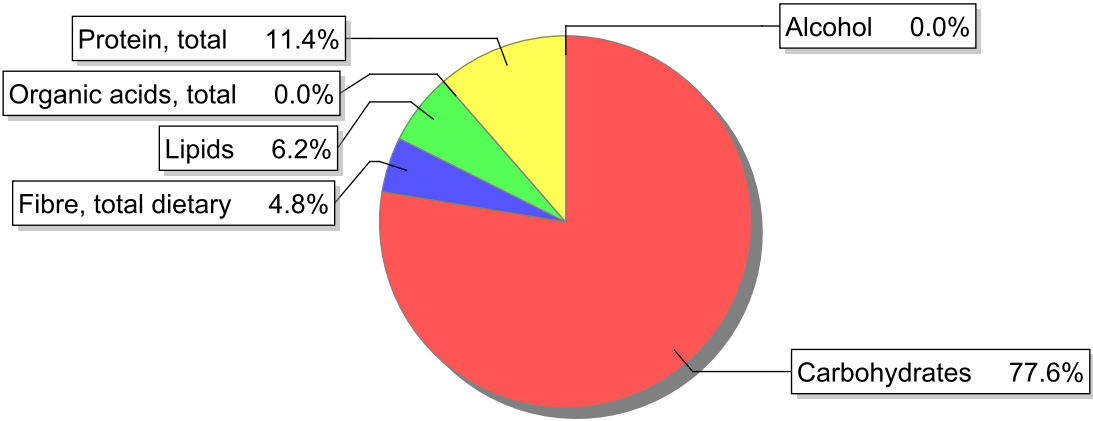
Food

Name: Flour, wheat, whole
Group: Cereal and cereal products
Subgroup: Flour
Edible Part: 100%
Code: IS416
FoodEX2 Code: A004B

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	338	kcal	
energy kJ, total metabolisable	1430	kJ	
fatty acids, total saturated	0.3	g	57
fatty acids, total monounsaturated	0.2	g	57
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	0	g	
sugars, total	2.3	g	57
sucrose	1.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	8.6	g	
protein, total	9.6	g	57
alcohol	0	g	
water	12.6	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	1.4	mg	
thiamin	0.37	mg	
riboflavin	0.09	mg	
niacin, preformed	5.4	mg	57
niacin equivalents, total	7.4	mg	
niacin equivalents from tryptophan	2	mg	
vitamin B-6, total	0.43	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	43	µg	
ash	1.58	g	
sodium	3	mg	57
potassium	370	mg	57
calcium	45	mg	57
phosphorus	430	mg	57
magnesium	140	mg	57
iron, total	4.3	mg	57
zinc	3	mg	57

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