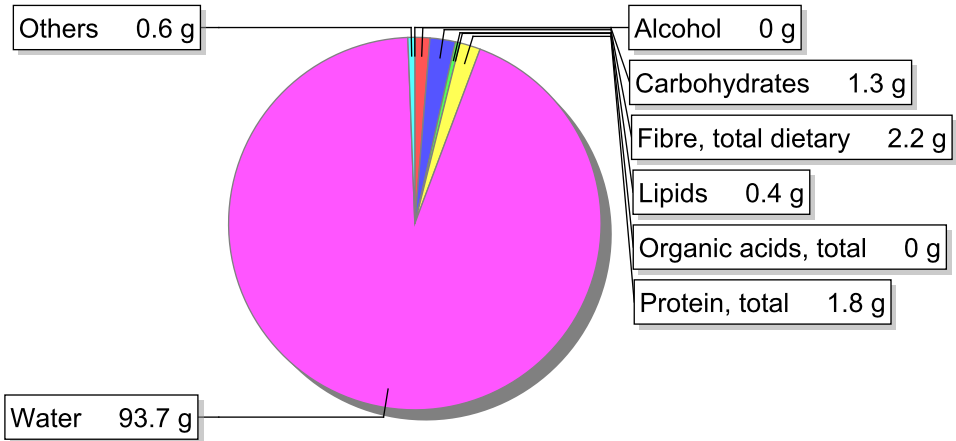


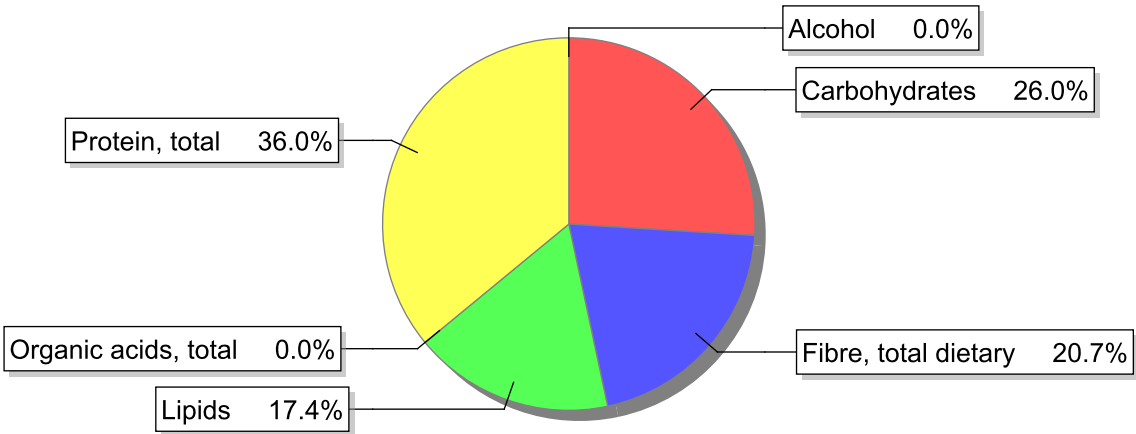
Food

Name: Brassica napus, sprouts, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS568
FoodEX2 Code: A00FP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	20	kcal	
energy kJ, total metabolisable	85	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	1.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	2.2	g	
protein, total	1.8	g	
alcohol	0	g	
water	93.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	174	µg	
carotene, total (vitamin A precursors)	838	µg	
vitamin D	0	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.05	mg	
riboflavin	0.04	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	43	mg	
folate, total	54	µg	
ash	0.60	g	
sodium	110	mg	
potassium	100	mg	
calcium	110	mg	
phosphorus	22	mg	
magnesium	10	mg	
iron, total	0.3	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2