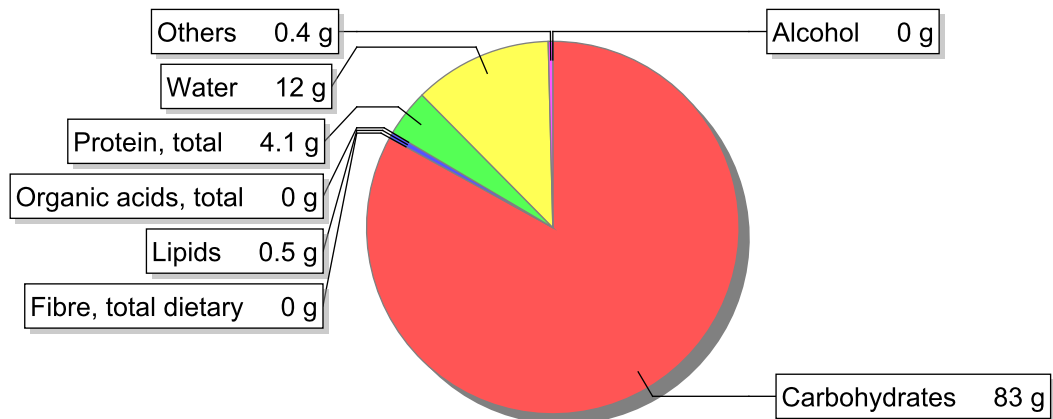


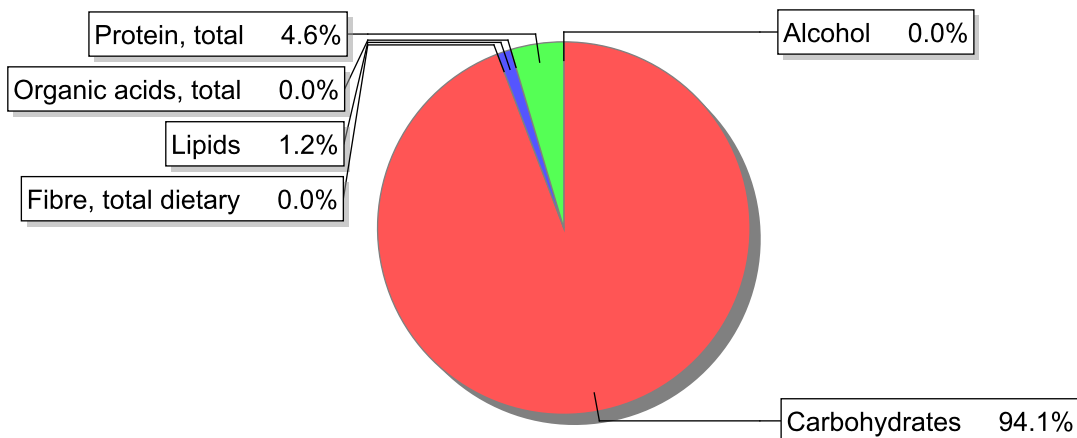
**Food**

**Name:** Meringue  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS485  
**FoodEX2 Code:** A00CP

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	353	kcal	
energy kJ, total metabolisable	1500	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	83	g	
sucrose	83	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	4.1	g	57
<b>alcohol</b>	0	g	
<b>water</b>	12	g	57
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	57
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0	mg	
<b>thiamin</b>	0.07	mg	57
<b>riboflavin</b>	0.12	mg	57
<b>niacin, preformed</b>	0.1	mg	
<b>niacin equivalents, total</b>	0.9	mg	
<b>niacin equivalents from tryptophan</b>	0.8	mg	
<b>vitamin B-6, total</b>	0.01	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	0	mg	57
<b>folate, total</b>	4	µg	
<b>ash</b>	0.40	g	
<b>sodium</b>	97	mg	
<b>potassium</b>	110	mg	
<b>calcium</b>	22	mg	57
<b>phosphorus</b>	10	mg	57
<b>magnesium</b>	8	mg	
<b>iron, total</b>	0.2	mg	
<b>zinc</b>	0	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