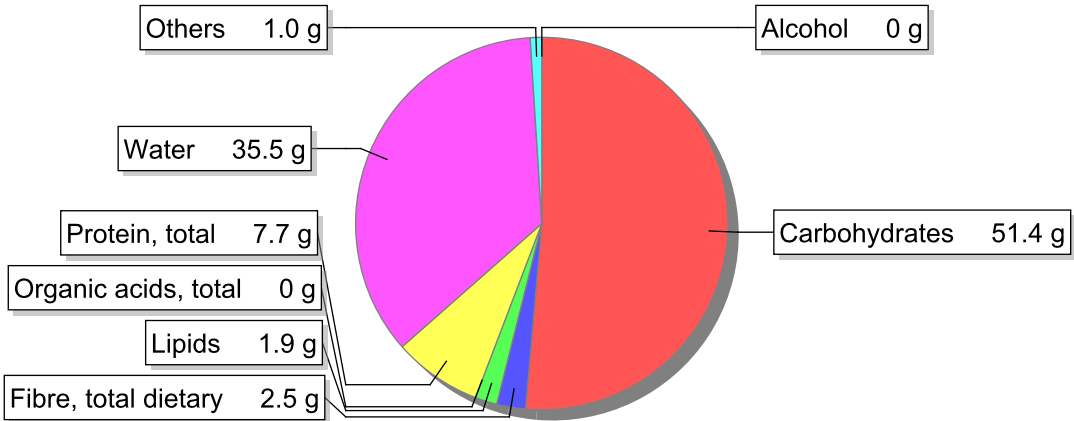


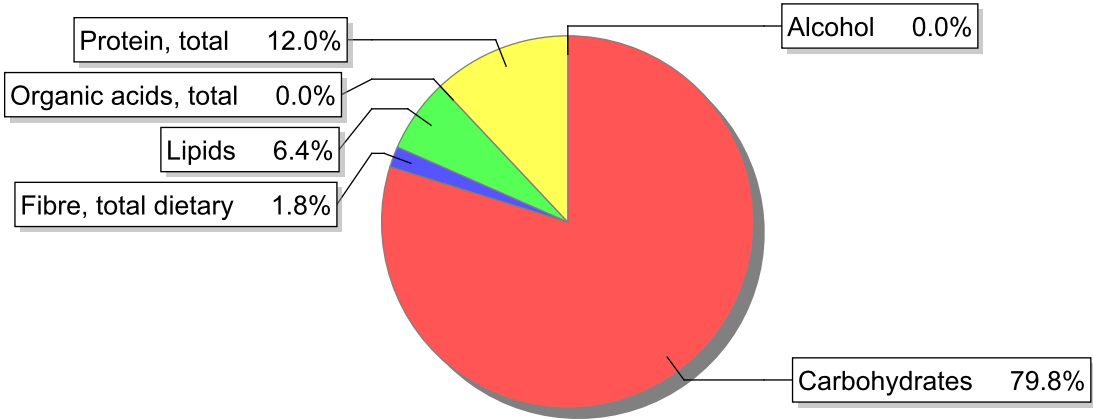
Food

Name: Roll, milk
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS438
FoodEX2 Code: A00BT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	259	kcal	
energy kJ, total metabolisable	1100	kJ	
fatty acids, total saturated	0.5	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	3.1	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	2.2	g	
salt	1.1	g	
fibre, total dietary	2.5	g	
protein, total	7.7	g	57
alcohol	0	g	
water	35.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	82	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.6	µg	
alpha-tocopherol	0.19	mg	
thiamin	0.31	mg	57
riboflavin	0.4	mg	57
niacin, preformed	5	mg	57
niacin equivalents, total	6.5	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	38	µg	
ash	1.05	g	
sodium	440	mg	
potassium	160	mg	
calcium	63	mg	57
phosphorus	120	mg	57
magnesium	29	mg	
iron, total	3.9	mg	57
zinc	0.8	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
1138	TDS_iodo_2016_INSA_LAB