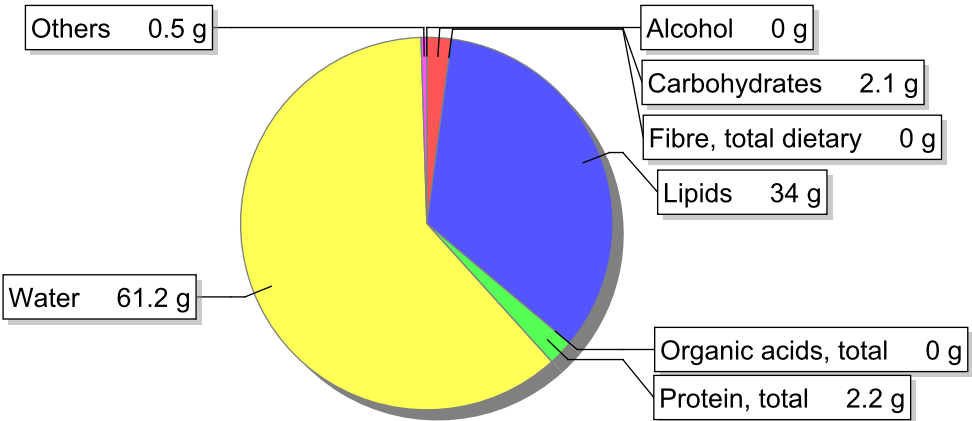


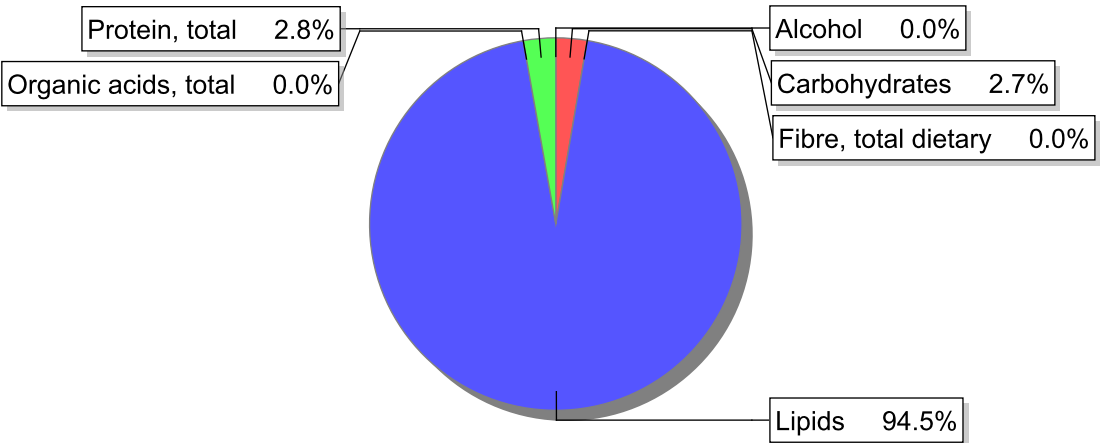
Food

Name: Cream, pasteurized, whipping, 34% fat
Group: Milk and milk products
Subgroup: Cream
Edible Part: 100%
Code: IS066
FoodEX2 Code: A02ML

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	323	kcal	
energy kJ, total metabolisable	1330	kJ	
fatty acids, total saturated	19	g	
fatty acids, total monounsaturated	8	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	1.2	g	
sugars, total	2.1	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	2.1	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	2.2	g	57
alcohol	0	g	
water	61.2	g	57
organic acids, total	0	g	
cholesterol	122	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	444	µg	57
carotene, total (vitamin A precursors)	230	µg	57
vitamin D	0.2	µg	57
alpha-tocopherol	1.5	mg	57
thiamin	0.02	mg	57
riboflavin	0.15	mg	57
niacin, preformed	0.1	mg	57
niacin equivalents, total	0.6	mg	57
niacin equivalents from tryptophan	0.5	mg	57
vitamin B-6, total	0.02	mg	57
vitamin B-12	0.2	µg	57
vitamin C	0	mg	57
folate, total	3	µg	57
ash	0.50	g	
sodium	30	mg	57
potassium	98	mg	57
calcium	55	mg	57
phosphorus	54	mg	57
magnesium	6	mg	57
iron, total	0.1	mg	57
zinc	0.2	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