

Food

Name: "Rabanada", bread soaked in milk and eggs, fried in vegetable oil

Group: Desserts

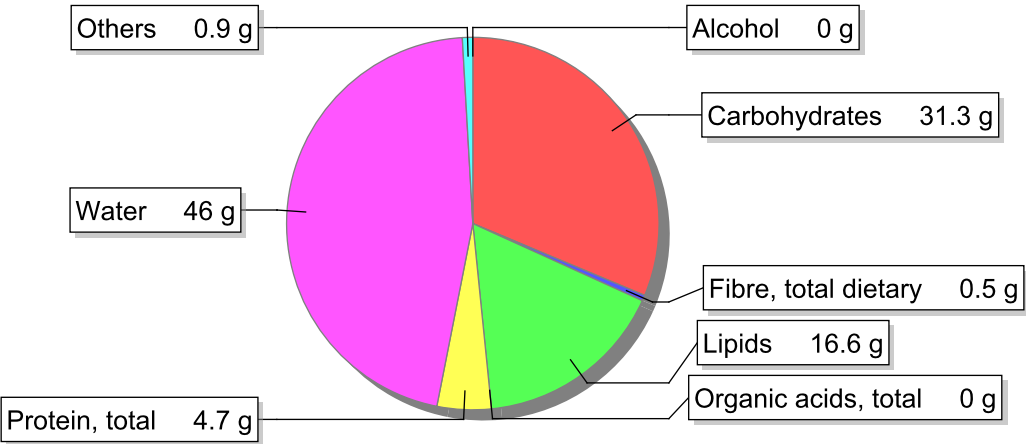
Subgroup:

Edible Part: 100%

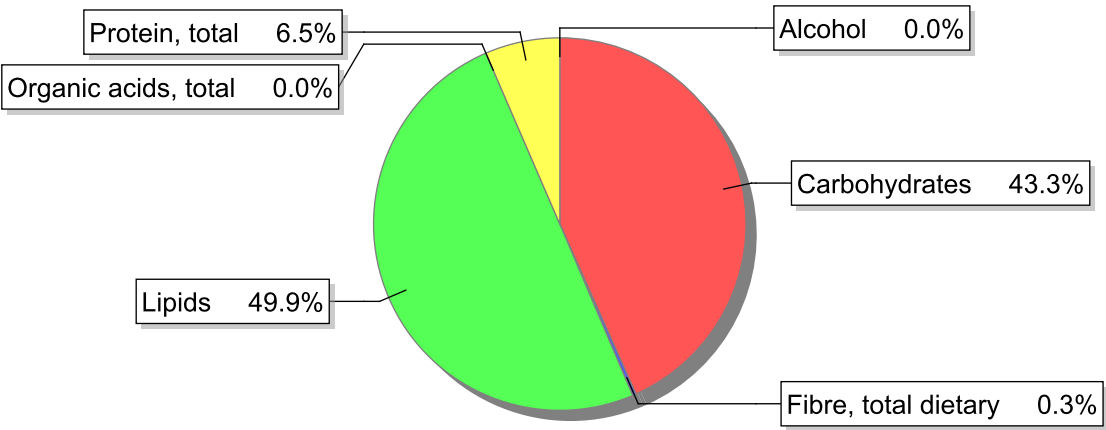
Code: IS511

FoodEX2 Code: A00CJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	294	kcal	
energy kJ, total metabolisable	1230	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	9	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.8	g	
fatty acids, total trans	0.1	g	
sugars, total	23.6	g	
sucrose	19.2	g	

Name	Value	Unit	Source(s)
lactose	3.6	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.5	g	
protein, total	4.7	g	
alcohol	0	g	
water	46	g	
organic acids, total	0	g	
cholesterol	38	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	5	µg	
vitamin D	0.1	µg	
alpha-tocopherol	2	mg	
thiamin	0.02	mg	
riboflavin	0.19	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1.8	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	3.2	µg	
ash	0.90	g	
sodium	85	mg	
potassium	160	mg	
calcium	100	mg	
phosphorus	100	mg	
magnesium	13	mg	
iron, total	0.5	mg	
zinc	0.6	mg	

Legend

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

References