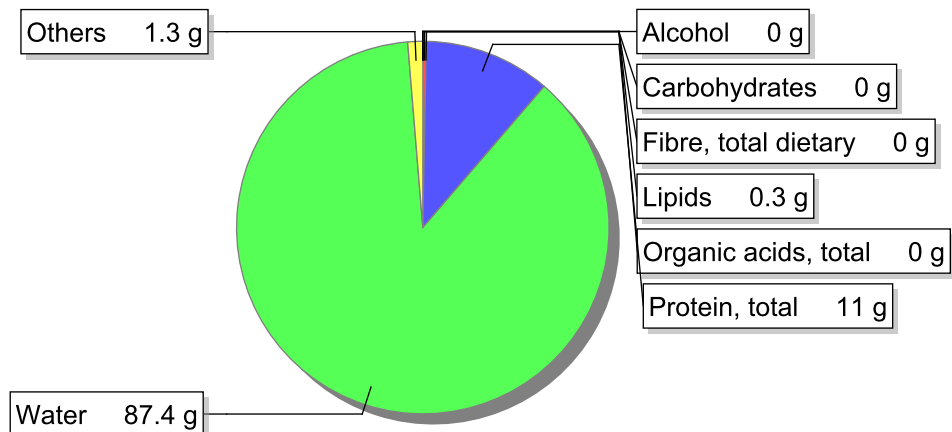


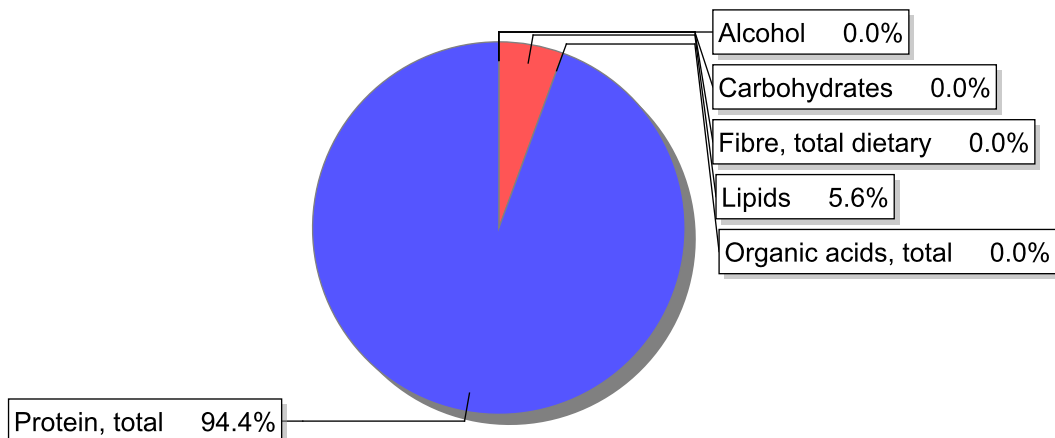
Food

Name: Chicken, egg white, raw
Group: Eggs
Subgroup:
Edible Part: 100%
Code: IS085
FoodEX2 Code: A031T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	47	kcal	
energy kJ, total metabolisable	198	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	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	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	11	g	
alcohol	0	g	57
water	87.4	g	
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.03	mg	57
thiamin	0.04	mg	57
riboflavin	0.33	mg	57
niacin, preformed	0.03	mg	57
niacin equivalents, total	3.2	mg	57
niacin equivalents from tryptophan	3.2	mg	57
vitamin B-6, total	0.02	mg	57
vitamin B-12	0.1	µg	57
vitamin C	0	mg	57
folate, total	14	µg	57
ash	1.30	g	
sodium	190	mg	
potassium	140	mg	
calcium	6	mg	
phosphorus	13	mg	
magnesium	12	mg	
iron, total	0.1	mg	
zinc	0.1	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