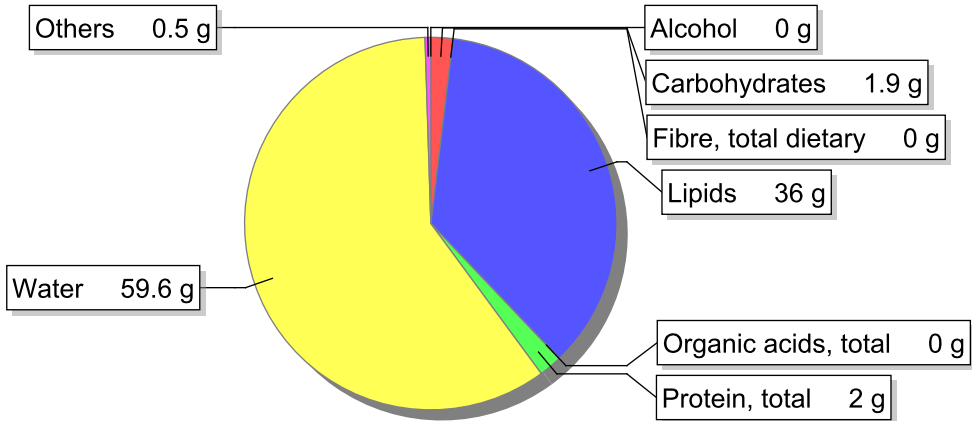


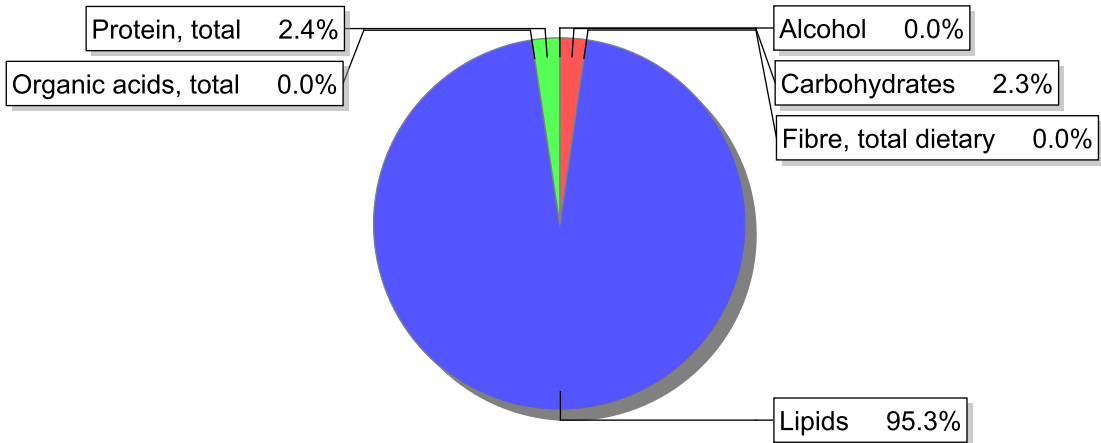
Food

Name: Cream, pasteurized, 36% fat
Group: Milk and milk products
Subgroup: Cream
Edible Part: 100%
Code: IS063
FoodEX2 Code: A02ML

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	340	kcal	
energy kJ, total metabolisable	1400	kJ	
fatty acids, total saturated	20.2	g	
fatty acids, total monounsaturated	8.1	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	1.9	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	1.9	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	2	g	57
alcohol	0	g	
water	59.6	g	57
organic acids, total	0	g	
cholesterol	91	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	516	µg	
carotene, total (vitamin A precursors)	267	µg	
vitamin D	0.2	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.02	mg	
riboflavin	0.26	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.2	µg	
vitamin C	1	mg	
folate, total	7	µg	
ash	0.50	g	
sodium	28	mg	57
potassium	100	mg	57
calcium	64	mg	57
phosphorus	59	mg	57
magnesium	6	mg	57
iron, total	0.2	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