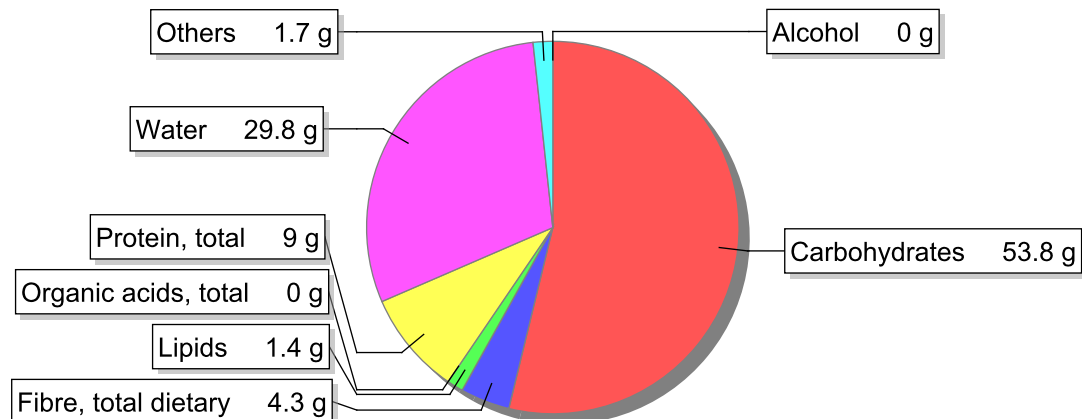


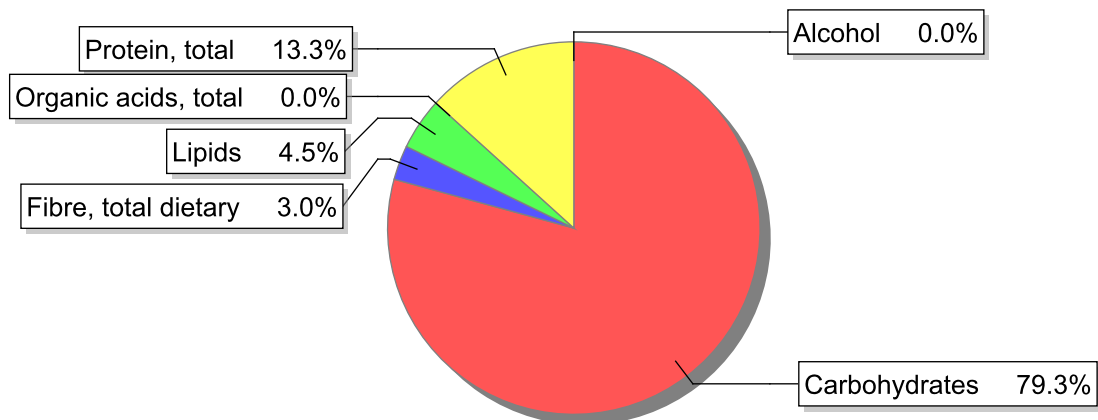
Food

Name: Bread, wheat and rye
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS430
FoodEX2 Code: A005N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	272	kcal	
energy kJ, total metabolisable	1150	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	4.3	g	
protein, total	9	g	57
alcohol	0	g	
water	29.8	g	57
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	0.24	mg	
thiamin	0.13	mg	57
riboflavin	0.33	mg	57
niacin, preformed	3.2	mg	57
niacin equivalents, total	5	mg	
niacin equivalents from tryptophan	1.8	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	33	µg	
ash	1.66	g	
sodium	580	mg	
potassium	160	mg	
calcium	46	mg	57
phosphorus	130	mg	57
magnesium	36	mg	
iron, total	1.6	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
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