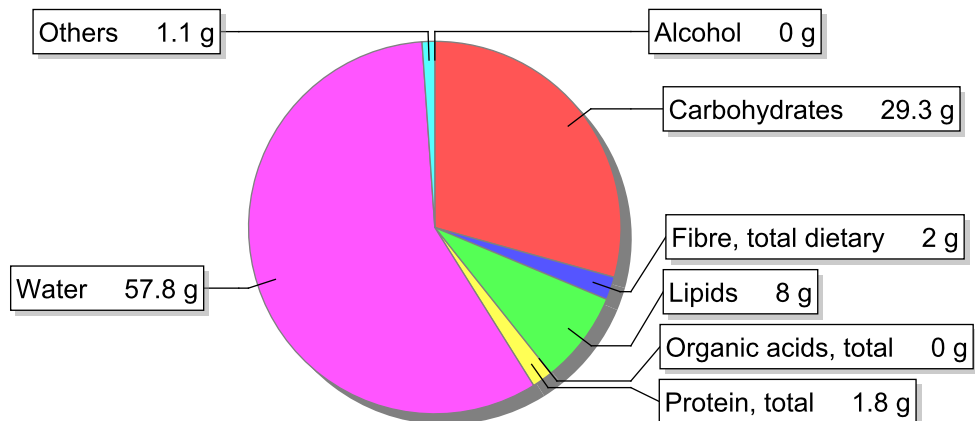


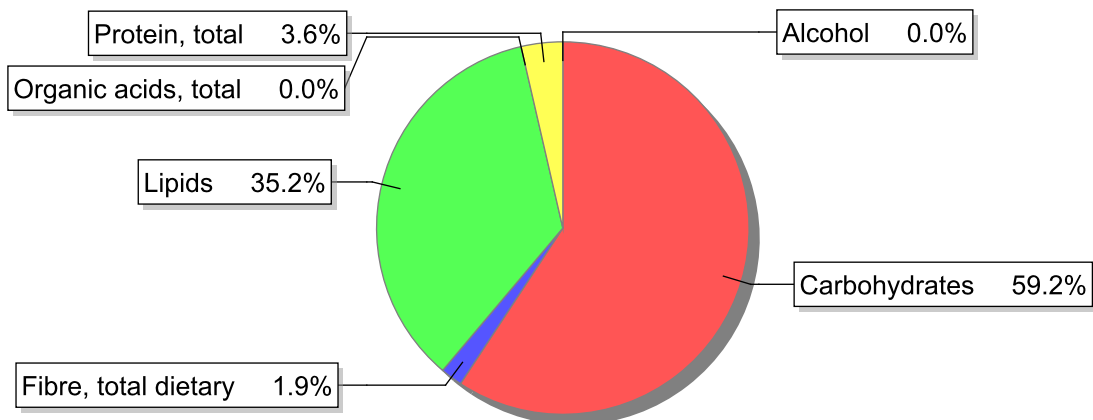
Food

Name: Pie, apple
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS496
FoodEX2 Code: A00BZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	200	kcal	
energy kJ, total metabolisable	841	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	2.6	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.4	g	
fatty acids, total trans	0.4	g	
sugars, total	17.1	g	
sucrose	11.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2	g	57
protein, total	1.8	g	57
alcohol	0	g	
water	57.8	g	57
organic acids, total	0	g	
cholesterol	3	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	37	µg	57
carotene, total (vitamin A precursors)	53	µg	
vitamin D	0.3	µg	57
alpha-tocopherol	0.52	mg	
thiamin	0.06	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.03	mg	57
vitamin B-12	0.01	µg	
vitamin C	7	mg	57
folate, total	4	µg	57
ash	1.10	g	
sodium	120	mg	57
potassium	100	mg	57
calcium	27	mg	57
phosphorus	30	mg	57
magnesium	6	mg	57
iron, total	0.5	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