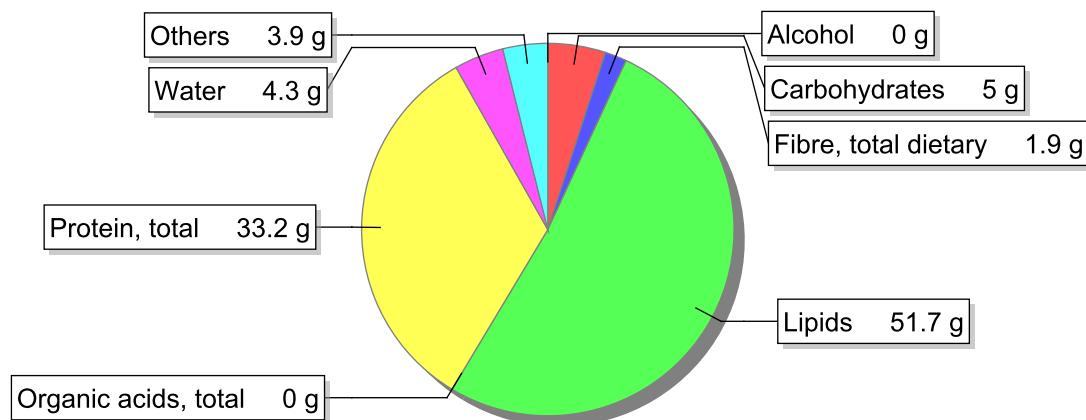


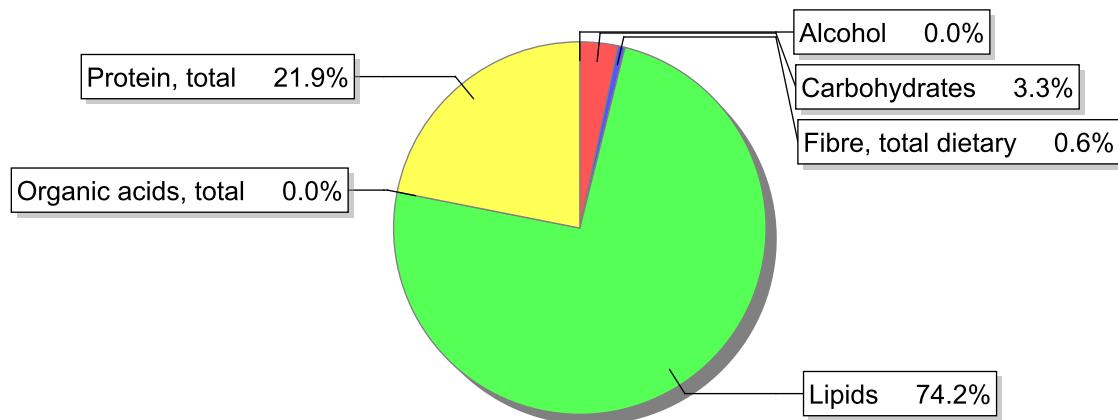
Food

Name: Pine nuts
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS709
FoodEX2 Code: A014P

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	622	kcal	
energy kJ, total metabolisable	2580	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	15	g	
fatty acids, total polyunsaturated	31	g	
fatty acid 18:2 n-6 cis,cis	30.0	g	
fatty acids, total trans	0	g	
sugars, total	2.4	g	57
sucrose	2.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.9	g	
protein, total	33.2	g	57
alcohol	0	g	57
water	4.3	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	10	mg	
thiamin	0.39	mg	57
riboflavin	0.22	mg	
niacin, preformed	2.7	mg	57
niacin equivalents, total	8.9	mg	
niacin equivalents from tryptophan	6.2	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	
folate, total	57	µg	
ash	4.26	g	
sodium	1	mg	
potassium	780	mg	
calcium	54	mg	57
phosphorus	350	mg	
magnesium	270	mg	
iron, total	4.7	mg	57
zinc	6.5	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