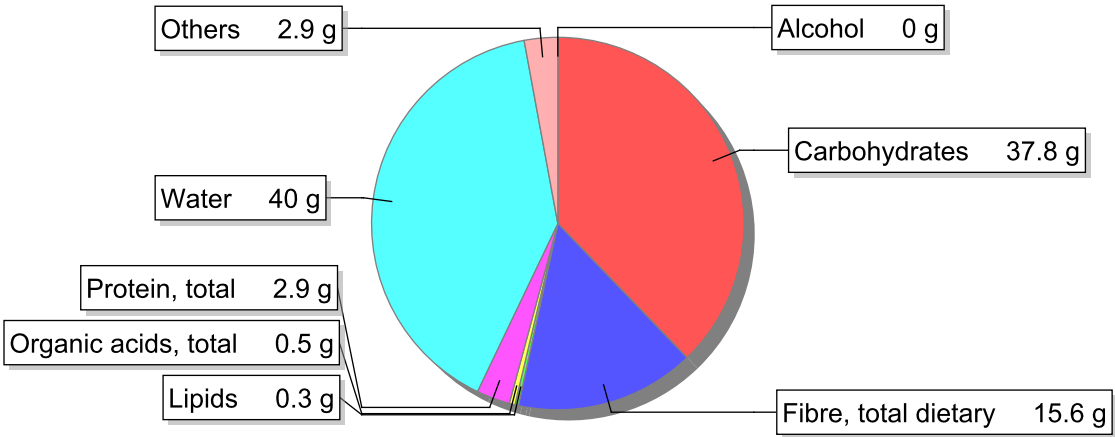


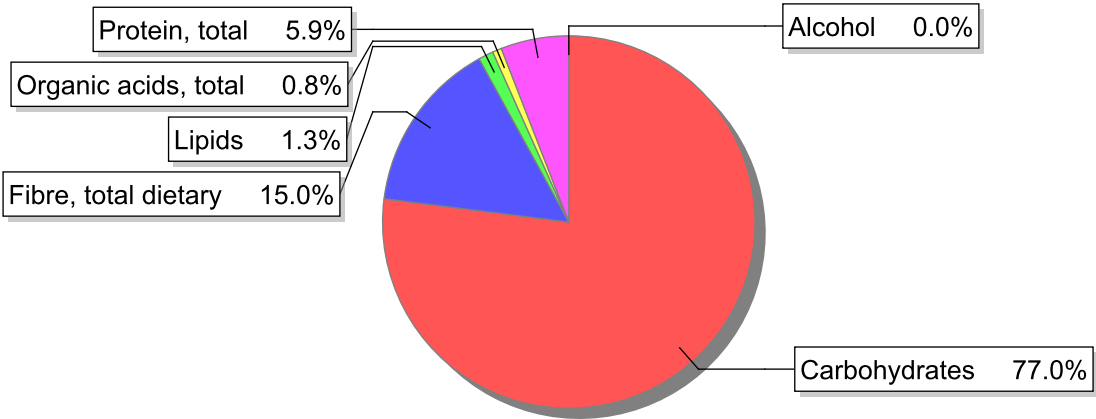
Food

Name: Prunes
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 82%
Code: IS631
FoodEX2 Code: A01MB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	198	kcal	
energy kJ, total metabolisable	834	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	37.8	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	15.6	g	57
protein, total	2.9	g	57
alcohol	0	g	
water	40	g	
organic acids, total	0.5	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	119	µg	57
carotene, total (vitamin A precursors)	715	µg	57
vitamin D	0	µg	
alpha-tocopherol	2.3	mg	
thiamin	0.04	mg	57
riboflavin	0.08	mg	57
niacin, preformed	1	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	57
folate, total	4	µg	
ash	2.10	g	
sodium	12	mg	57
potassium	830	mg	57
calcium	38	mg	57
phosphorus	68	mg	57
magnesium	26	mg	57
iron, total	3	mg	
zinc	0.6	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