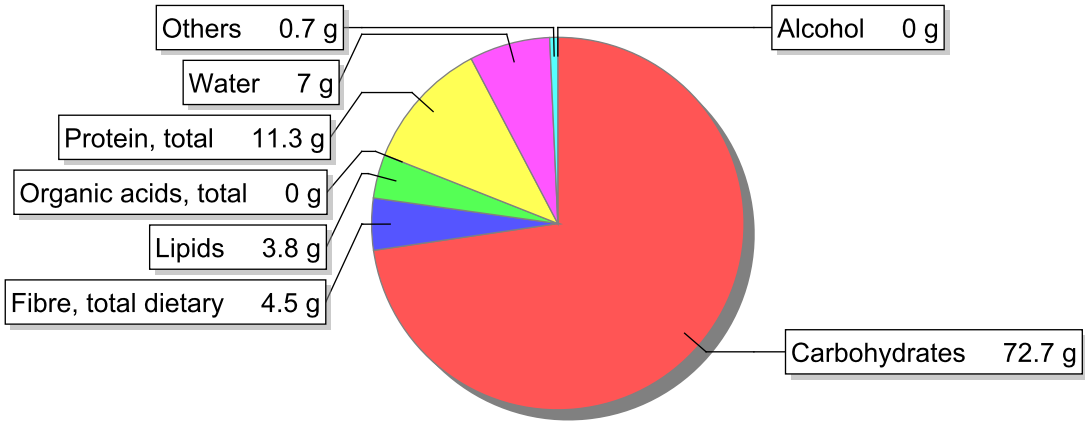


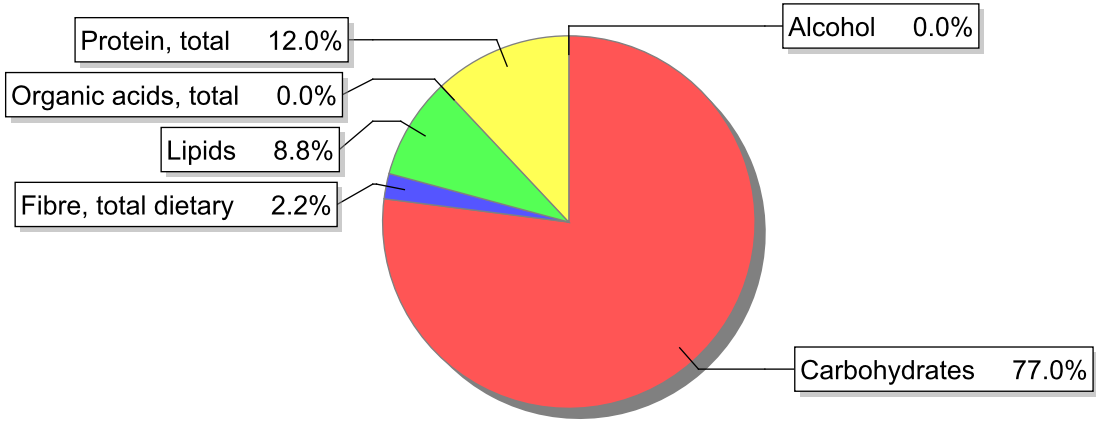
Food

Name: Toasts, wheat, plain
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS440
FoodEX2 Code: A006N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	379	kcal	
energy kJ, total metabolisable	1600	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.4	g	
fatty acids, total trans	0	g	
sugars, total	2.6	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	4.5	g	
protein, total	11.3	g	
alcohol	0	g	
water	7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.13	mg	
riboflavin	0.32	mg	
niacin, preformed	5	mg	
niacin equivalents, total	7.4	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	26	µg	
ash	0.90	g	
sodium	430	mg	
potassium	150	mg	
calcium	78	mg	
phosphorus	180	mg	
magnesium	39	mg	
iron, total	2.1	mg	
zinc	1.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB