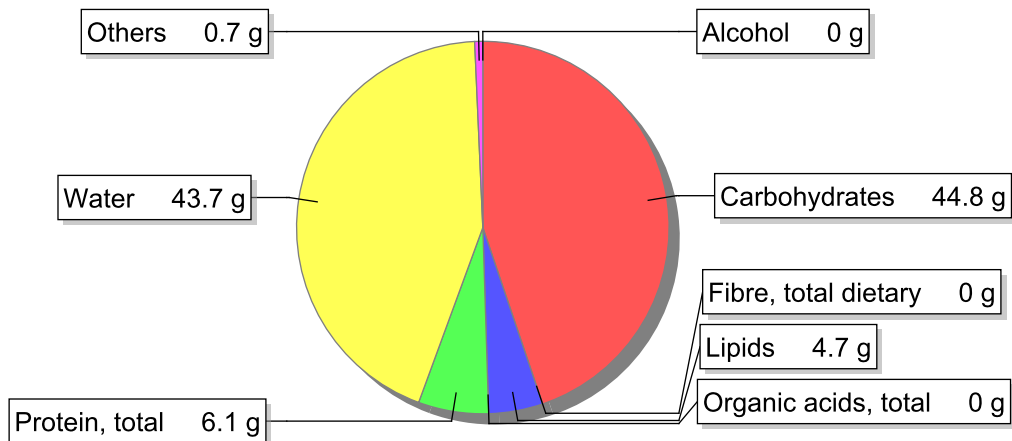


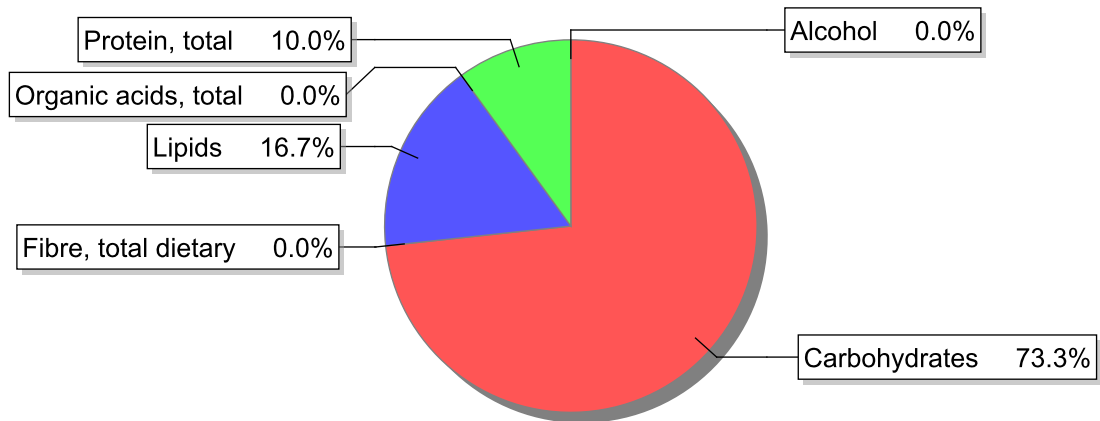
**Food**

**Name:** Pudding, milk and eggs  
**Group:** Desserts  
**Subgroup:**  
**Edible Part:** 100%  
**Code:** IS490  
**FoodEX2 Code:** A02PV

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	246	kcal	
energy kJ, total metabolisable	1040	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.716	g	
fatty acids, total trans	0.0	g	
sugars, total	44.8	g	
sucrose	43	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	1.8	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	6.1	g	
<b>alcohol</b>	0	g	
<b>water</b>	43.7	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	157	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	80	µg	
<b>carotene, total (vitamin A precursors)</b>	4	µg	
<b>vitamin D</b>	0.7	µg	
<b>alpha-tocopherol</b>	0.88	mg	
<b>thiamin</b>	0.04	mg	
<b>riboflavin</b>	0.23	mg	
<b>niacin, preformed</b>	0.09	mg	
<b>niacin equivalents, total</b>	1.76	mg	
<b>niacin equivalents from tryptophan</b>	1.69	mg	
<b>vitamin B-6, total</b>	0.15	mg	
<b>vitamin B-12</b>	0.42	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	19	µg	
<b>ash</b>	0.687	g	
<b>sodium</b>	68	mg	
<b>potassium</b>	110	mg	
<b>calcium</b>	58	mg	
<b>phosphorus</b>	97	mg	
<b>magnesium</b>	7.5	mg	
<b>iron, total</b>	0.8	mg	
<b>zinc</b>	0.7	mg	

## Legend

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

## References