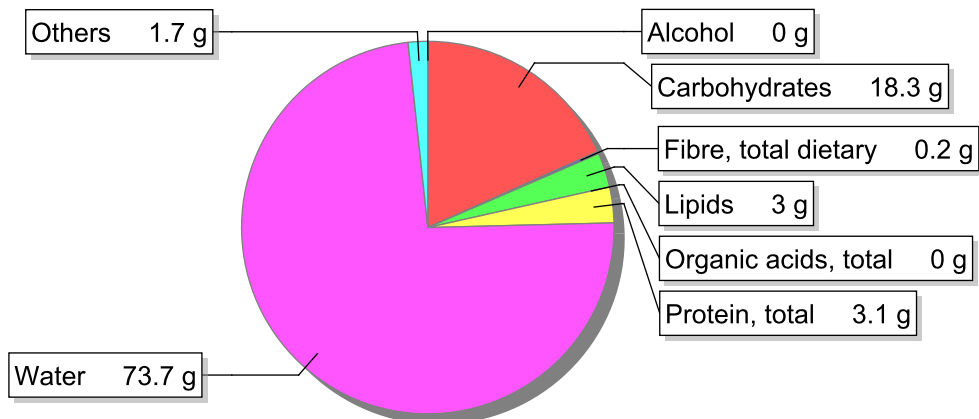


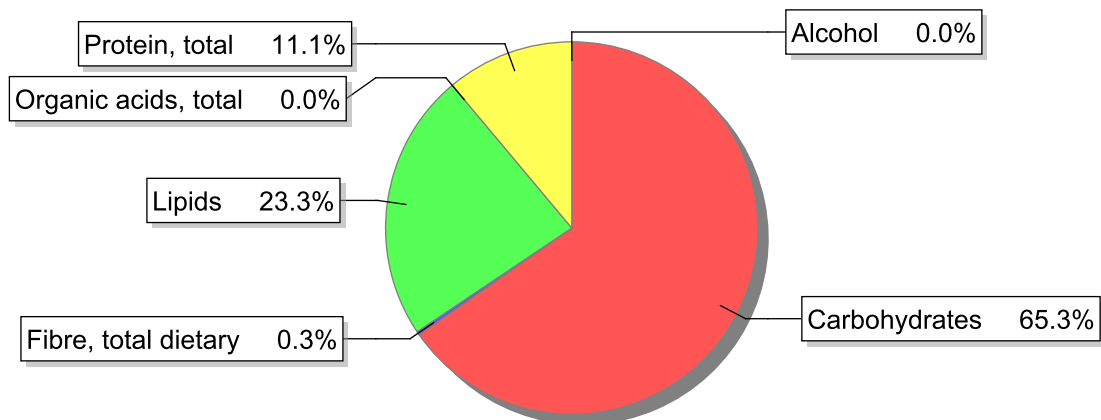
Food

Name: Instant pudding, made up with semi-skimmed milk
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS493
FoodEX2 Code: A02PV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	113	kcal	
energy kJ, total metabolisable	476	kJ	
fatty acids, total saturated	2.3	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.0	g	
fatty acid 18:2 n-6 cis,cis	0.0180	g	
fatty acids, total trans	0.1	g	
sugars, total	13.9	g	
sucrose	9.3	g	

Name	Value	Unit	Source(s)
lactose	4.6	g	
salt	0.4	g	
fibre, total dietary	0.2	g	
protein, total	3.1	g	
alcohol	0	g	
water	73.7	g	
organic acids, total	0	g	
cholesterol	7	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	18	µg	
carotene, total (vitamin A precursors)	10	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.02	mg	
thiamin	0.03	mg	
riboflavin	0.15	mg	
niacin, preformed	0.16	mg	
niacin equivalents, total	0.81	mg	
niacin equivalents from tryptophan	0.65	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.1	µg	
vitamin C	0	mg	
folate, total	0.8	µg	
ash	1.02	g	
sodium	160	mg	
potassium	140	mg	
calcium	98	mg	
phosphorus	150	mg	
magnesium	9.2	mg	
iron, total	0.2	mg	
zinc	0.5	mg	

Legend

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

References