

Food

Name: Fat spread, vegetable, 70% fat, 53% monounsaturated fatty acid

Group: Olive oil, oils and fats

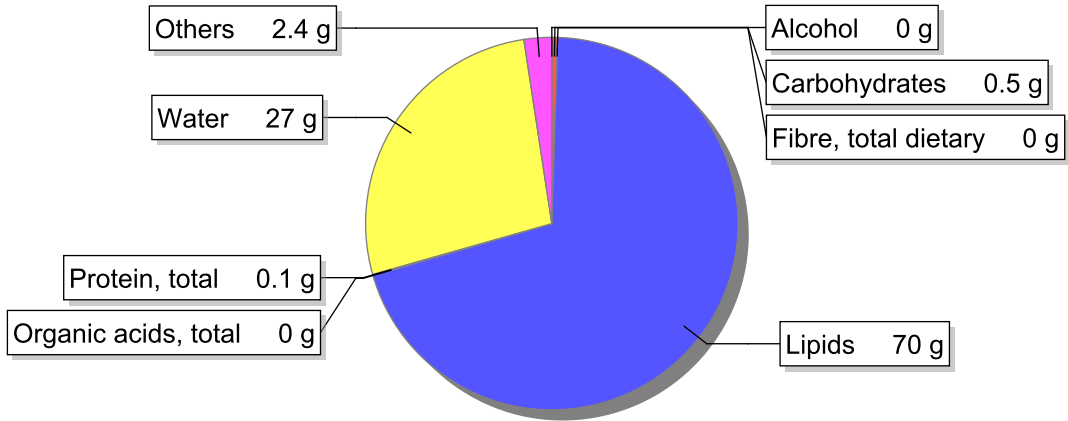
Subgroup: Fats

Edible Part: 100%

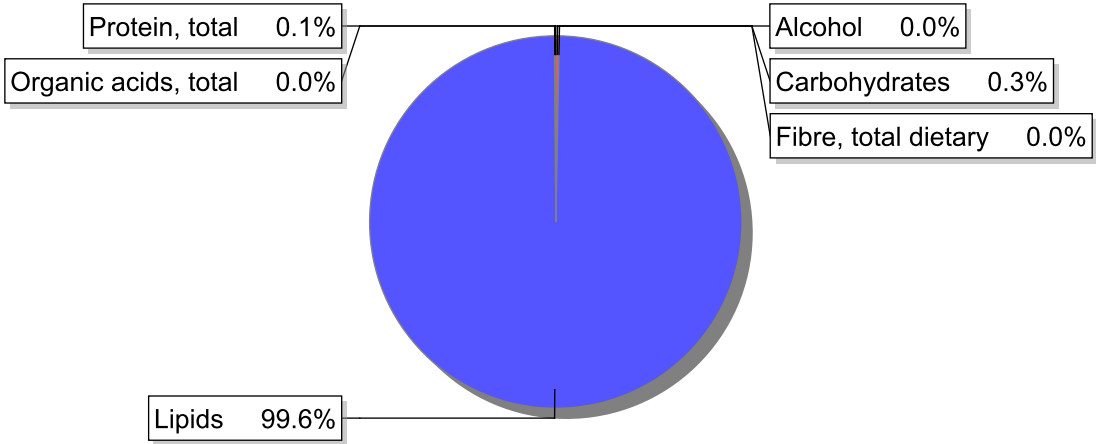
Code: IS398

FoodEX2 Code: A039H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	632	kcal	
energy kJ, total metabolisable	2600	kJ	
fatty acids, total saturated	9.4	g	
fatty acids, total monounsaturated	53.2	g	
fatty acids, total polyunsaturated	6.6	g	
fatty acid 18:2 n-6 cis,cis	6.0	g	
fatty acids, total trans	0	g	
sugars, total	0.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.5	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	0.1	g	
alcohol	0	g	
water	27	g	
organic acids, total	0	g	
cholesterol	4	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	600	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	5	µg	
alpha-tocopherol	40	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	2.40	g	
sodium	870	mg	
potassium	7	mg	
calcium	7	mg	
phosphorus	5	mg	
magnesium	1	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

Legend

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

References