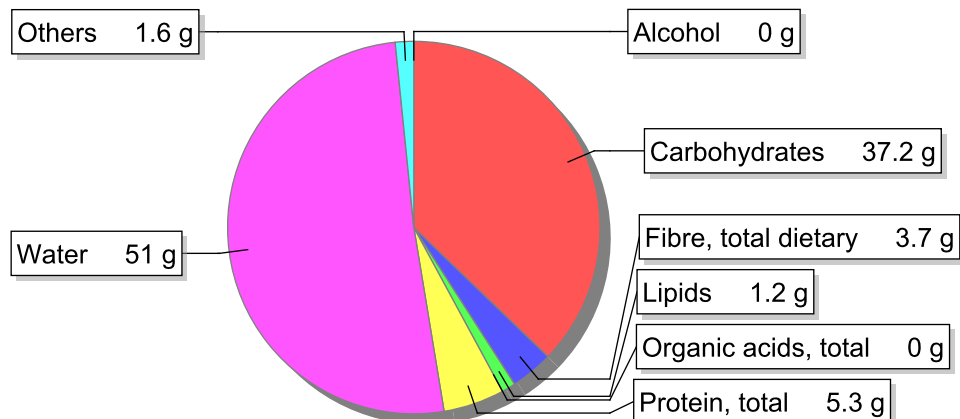


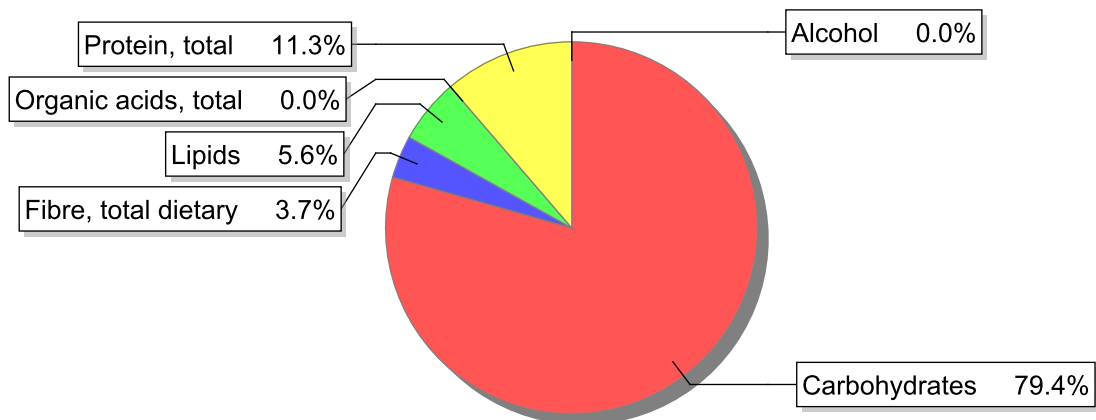
Food

Name: Bread, corn
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS428
FoodEX2 Code: A0BY0

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	188	kcal	
energy kJ, total metabolisable	797	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.7	g	
protein, total	5.3	g	57
alcohol	0	g	
water	51	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.2	mg	57
riboflavin	0.08	mg	57
niacin, preformed	0.8	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	5	µg	
ash	1.60	g	
sodium	280	mg	57
potassium	180	mg	57
calcium	14	mg	57
phosphorus	110	mg	57
magnesium	37	mg	57
iron, total	1.3	mg	57
zinc	0.4	mg	57

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
1138	TDS_Iodo_2016_INSA_LAB