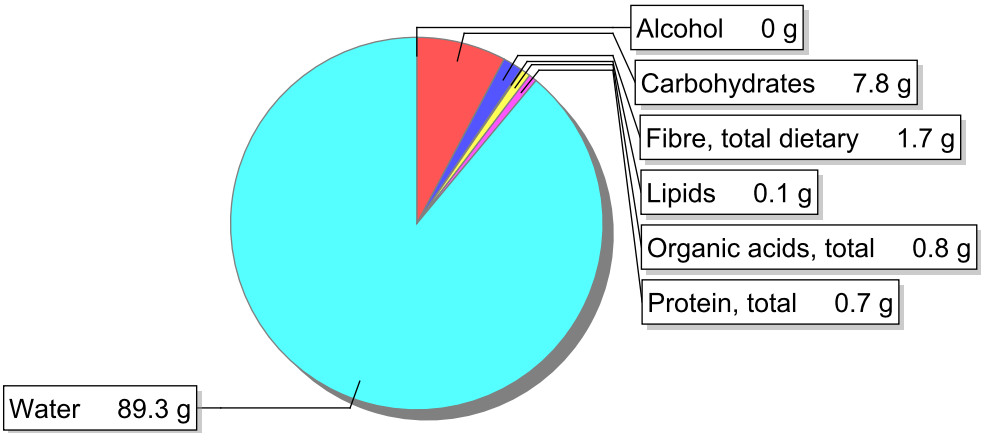


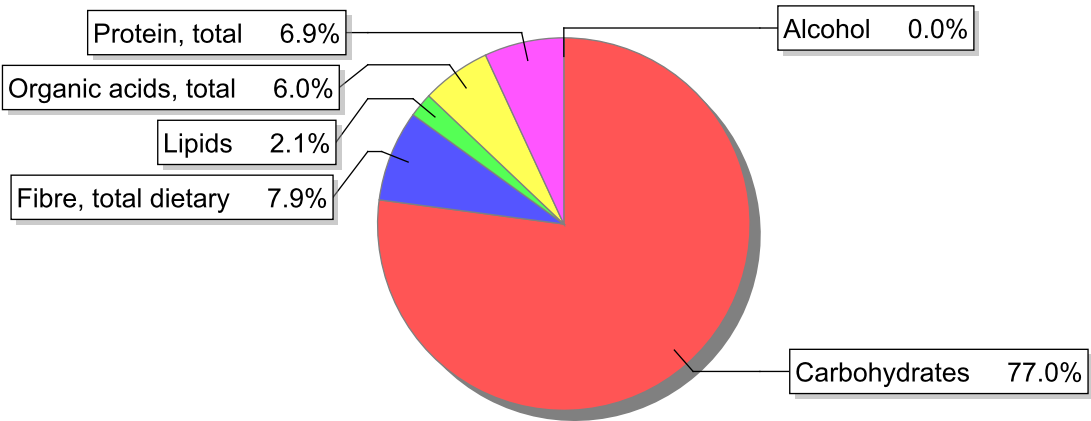
Food

Name: Tangelo
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 69%
Code: IS690
FoodEX2 Code: A01DD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	41	kcal	
energy kJ, total metabolisable	172	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	7.8	g	
sucrose	4.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.7	g	
protein, total	0.7	g	57
alcohol	0	g	57
water	89.3	g	
organic acids, total	0.8	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	57
carotene, total (vitamin A precursors)	358	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.55	mg	
thiamin	0.04	mg	57
riboflavin	0.03	mg	57
niacin, preformed	0.2	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	57
vitamin C	42	mg	57
folate, total	18	µg	
ash	0.41	g	
sodium	4	mg	
potassium	210	mg	
calcium	57	mg	57
phosphorus	15	mg	57
magnesium	8	mg	
iron, total	0.5	mg	57
zinc	0.1	mg	

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