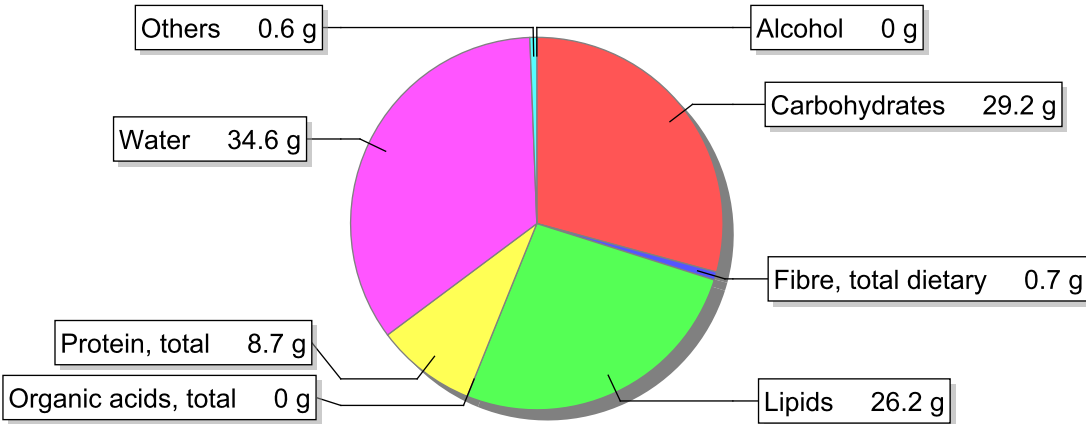


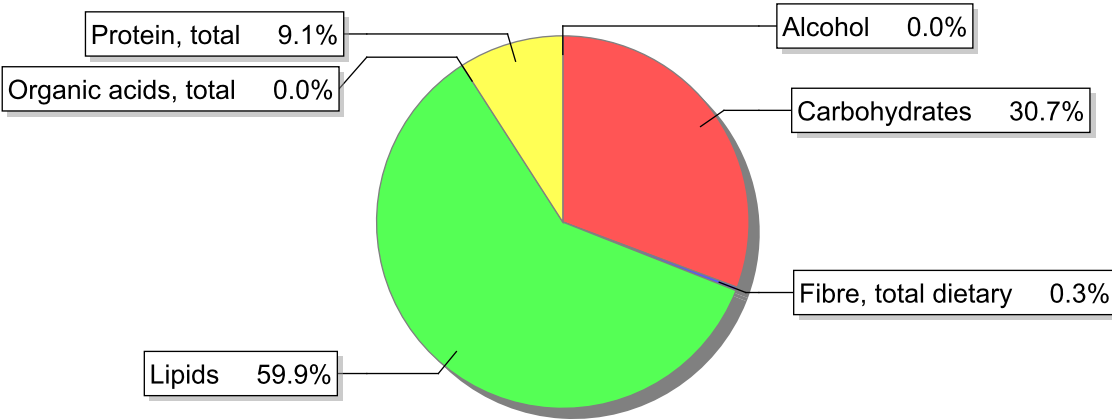
Food

Name: "Sonhos", pastry
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS512
FoodEX2 Code: A16FY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	389	kcal	
energy kJ, total metabolisable	1620	kJ	
fatty acids, total saturated	3.7	g	
fatty acids, total monounsaturated	6.2	g	
fatty acids, total polyunsaturated	14.3	g	
fatty acid 18:2 n-6 cis,cis	14.1	g	
fatty acids, total trans	0.1	g	
sugars, total	10.6	g	
sucrose	10.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.7	g	
protein, total	8.7	g	
alcohol	0	g	
water	34.6	g	
organic acids, total	0	g	
cholesterol	209	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	135	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.05	mg	
riboflavin	0.23	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	2.7	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	16	µg	
ash	0.60	g	
sodium	72	mg	
potassium	61	mg	
calcium	29	mg	
phosphorus	130	mg	
magnesium	15	mg	
iron, total	1.4	mg	
zinc	0.9	mg	

Legend

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

References