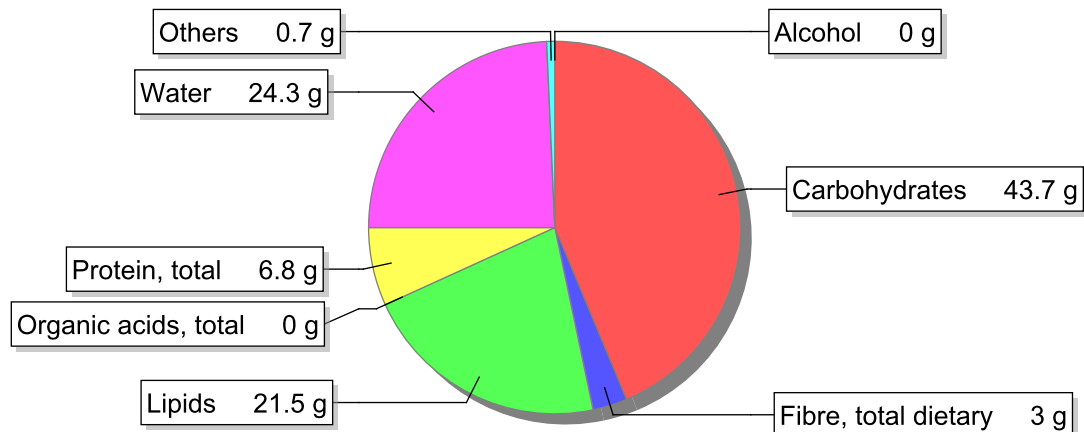


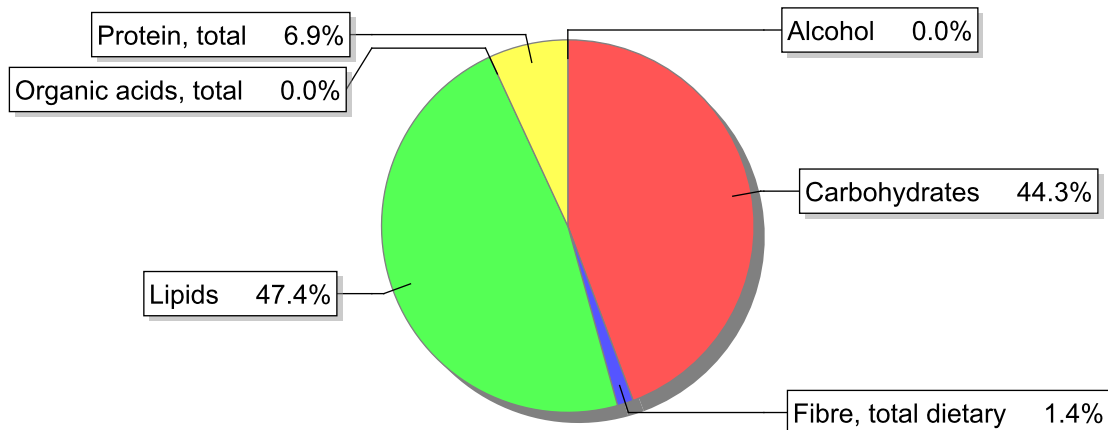
Food

Name: Berlin's roll
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS472
FoodEX2 Code: A00BR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	402	kcal	
energy kJ, total metabolisable	1680	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	6.4	g	
fatty acids, total polyunsaturated	4.4	g	
fatty acid 18:2 n-6 cis,cis	4.1	g	
fatty acids, total trans	0.2	g	
sugars, total	8.5	g	
sucrose	4.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3	g	
protein, total	6.8	g	
alcohol	0	g	
water	24.3	g	
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.8	µg	
alpha-tocopherol	3.9	mg	
thiamin	0.17	mg	
riboflavin	0.07	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	2.3	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	57
folate, total	19	µg	
ash	0.70	g	
sodium	290	mg	
potassium	130	mg	57
calcium	35	mg	
phosphorus	89	mg	
magnesium	17	mg	57
iron, total	1.2	mg	
zinc	0.3	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