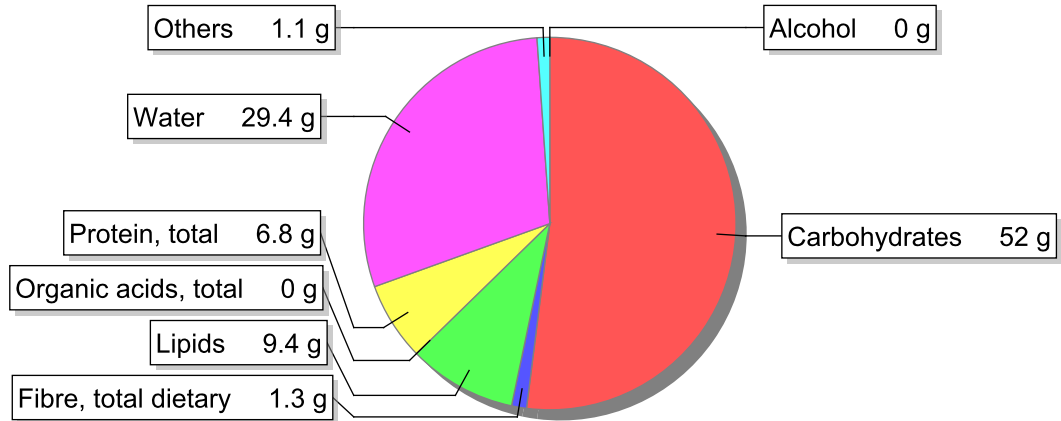


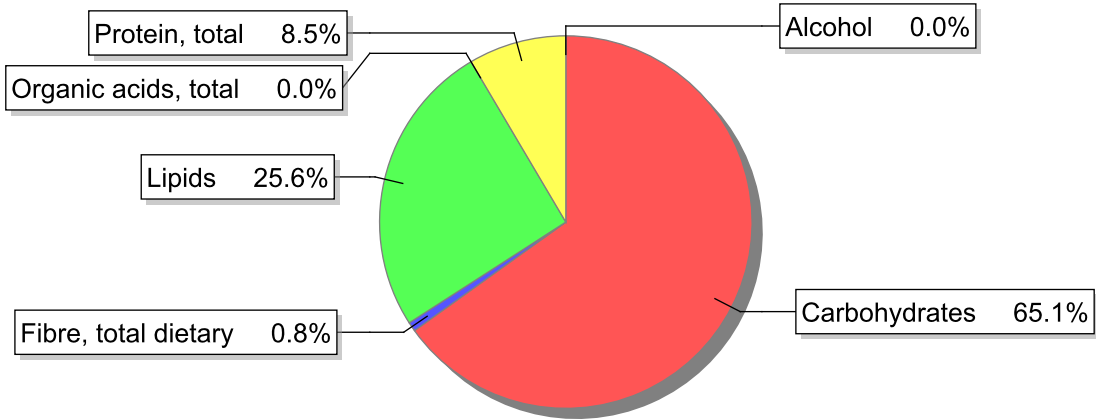
Food

Name: Beans cake
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS488
FoodEX2 Code: A00CJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	322	kcal	
energy kJ, total metabolisable	1360	kJ	
fatty acids, total saturated	3.6	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0.2	g	
sugars, total	33.7	g	
sucrose	33.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.3	g	
protein, total	6.8	g	
alcohol	0	g	
water	29.4	g	
organic acids, total	0	g	
cholesterol	191	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	137	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.13	mg	
riboflavin	0.16	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	1.7	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	23	µg	
ash	1.00	g	
sodium	71	mg	
potassium	120	mg	
calcium	34	mg	
phosphorus	110	mg	
magnesium	15	mg	
iron, total	1.6	mg	
zinc	0.8	mg	

Legend

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

References