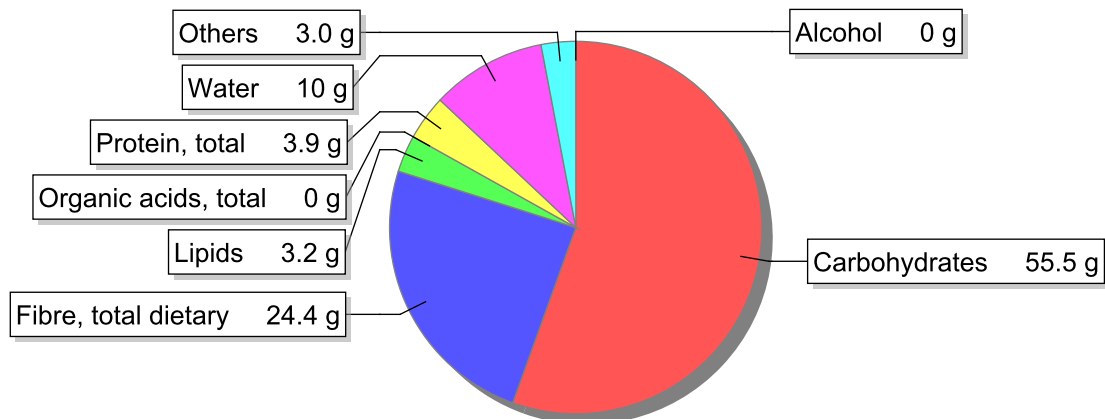


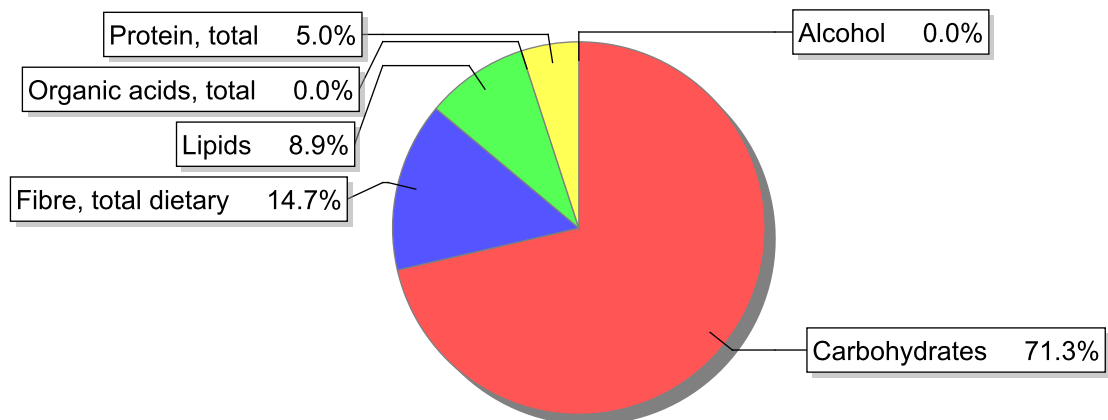
Food

Name: Cinnamon, ground
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code: IS549
FoodEX2 Code: A019V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	315	kcal	
energy kJ, total metabolisable	1320	kJ	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	55.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	24.4	g	
protein, total	3.9	g	
alcohol	0	g	
water	10	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	26	µg	
carotene, total (vitamin A precursors)	155	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.08	mg	
riboflavin	0.14	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0	µg	
vitamin C	28	mg	
folate, total	0	µg	
ash	3.60	g	
sodium	26	mg	
potassium	500	mg	
calcium	1230	mg	
phosphorus	61	mg	
magnesium	56	mg	
iron, total	38	mg	
zinc	2	mg	

Legend

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

References