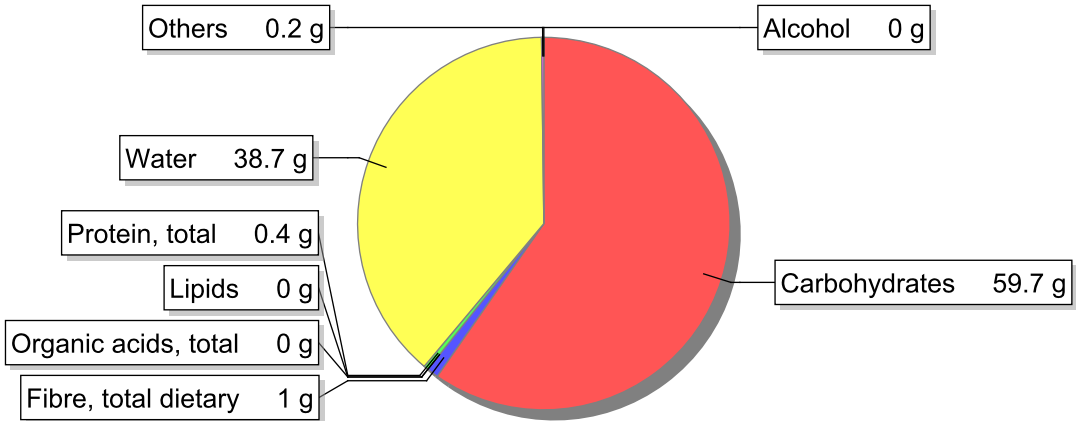


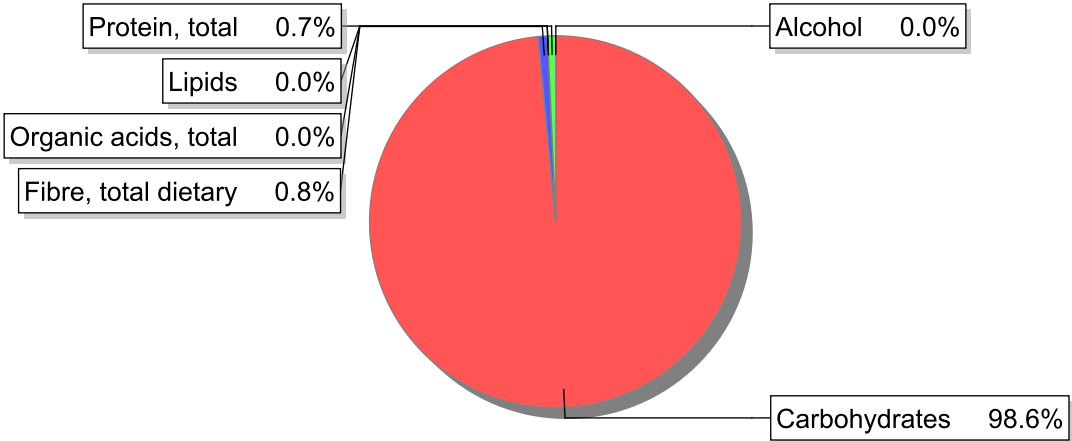
Food

Name: Raspberries, jam
Group: Sugar, sugared products and honey
Subgroup: Sugared products (jam, marmalade, gum)
Edible Part: 100%
Code: IS654
FoodEX2 Code: A01MP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	242	kcal	
energy kJ, total metabolisable	1030	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	59.7	g	57
sucrose	3.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1	g	
protein, total	0.4	g	57
alcohol	0	g	
water	38.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	0.23	g	
sodium	16	mg	
potassium	110	mg	
calcium	24	mg	57
phosphorus	12	mg	
magnesium	10	mg	
iron, total	1	mg	
zinc	0.2	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