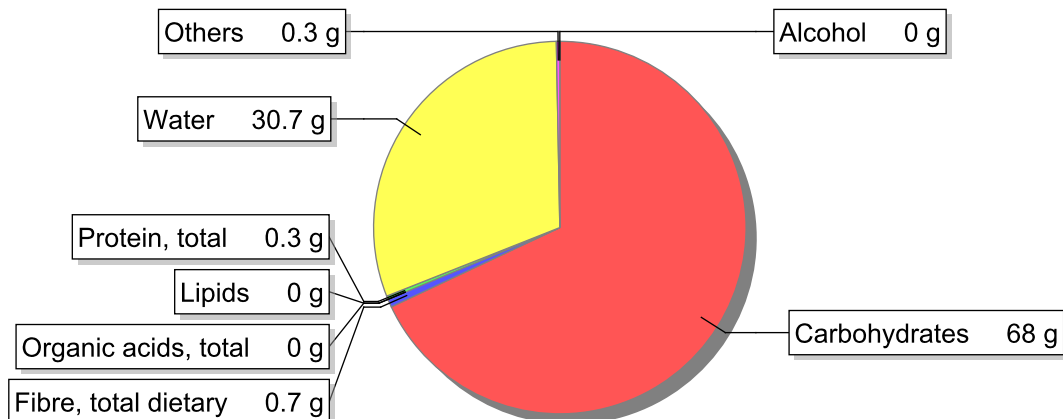


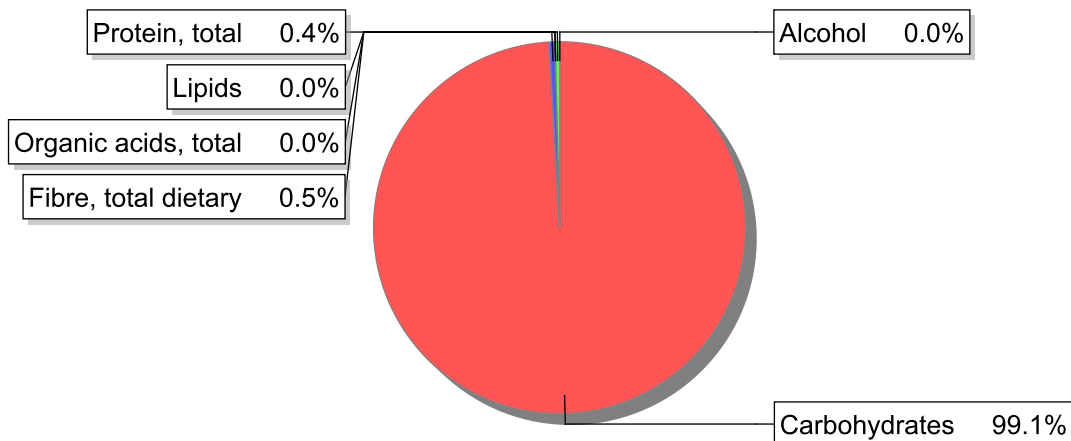
Food

Name: Orange, marmelade
Group: Sugar, sugared products and honey
Subgroup: Sugared products (jam, marmalade, gum)
Edible Part: 100%
Code: IS660
FoodEX2 Code: A01NK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	275	kcal	
energy kJ, total metabolisable	1170	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	68	g	
sucrose	29.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.7	g	57
protein, total	0.3	g	57
alcohol	0	g	
water	30.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	57
carotene, total (vitamin A precursors)	50	µg	57
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	3	mg	57
folate, total	5	µg	57
ash	0.30	g	
sodium	18	mg	57
potassium	44	mg	57
calcium	35	mg	
phosphorus	10	mg	57
magnesium	4	mg	57
iron, total	0.7	mg	57
zinc	0.1	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