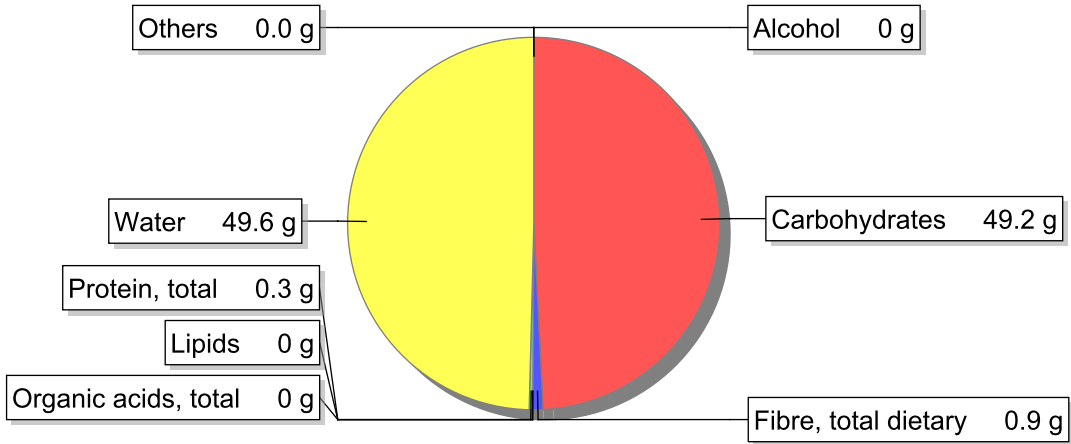


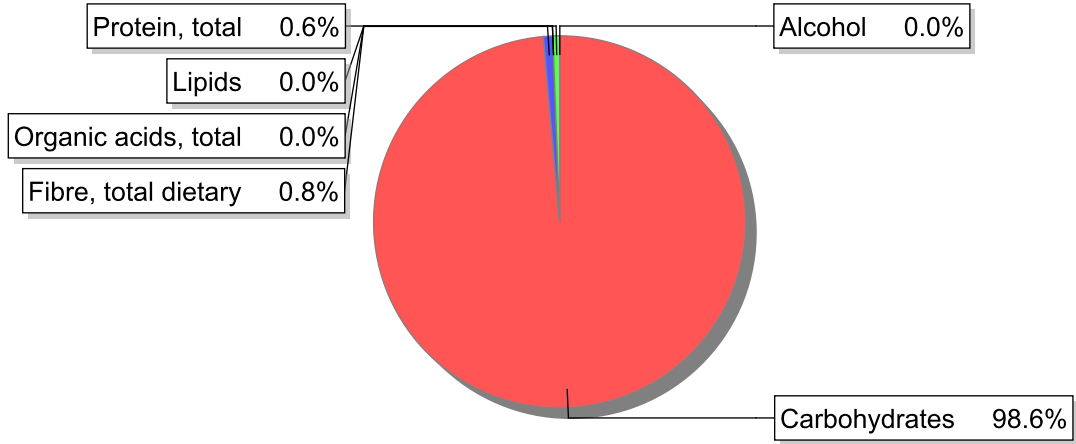
Food

Name: Plums, compote
Group: Sugar, sugared products and honey
Subgroup: Sugared products (jam, marmalade, gum)
Edible Part: 100%
Code: IS629
FoodEX2 Code: A01PJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	200	kcal	
energy kJ, total metabolisable	849	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	49.2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.9	g	
protein, total	0.3	g	57
alcohol	0	g	
water	49.6	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	
carotene, total (vitamin A precursors)	50	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	0.22	g	
sodium	9	mg	
potassium	72	mg	
calcium	11	mg	57
phosphorus	7	mg	57
magnesium	4	mg	
iron, total	0.4	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