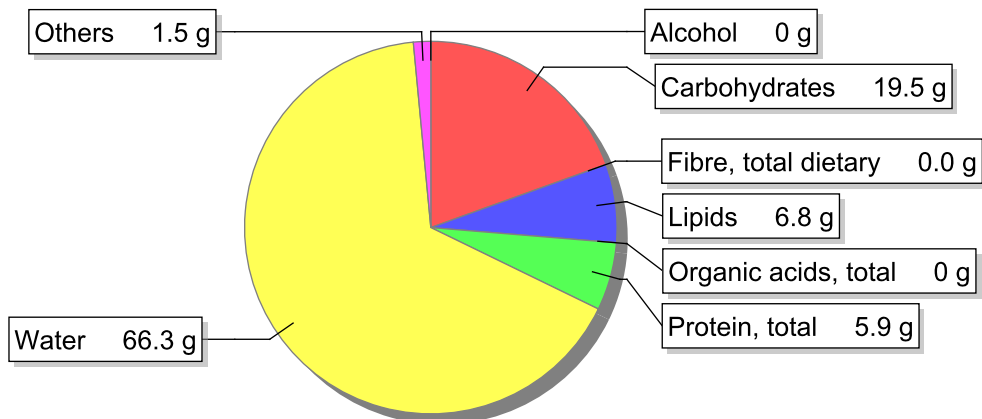


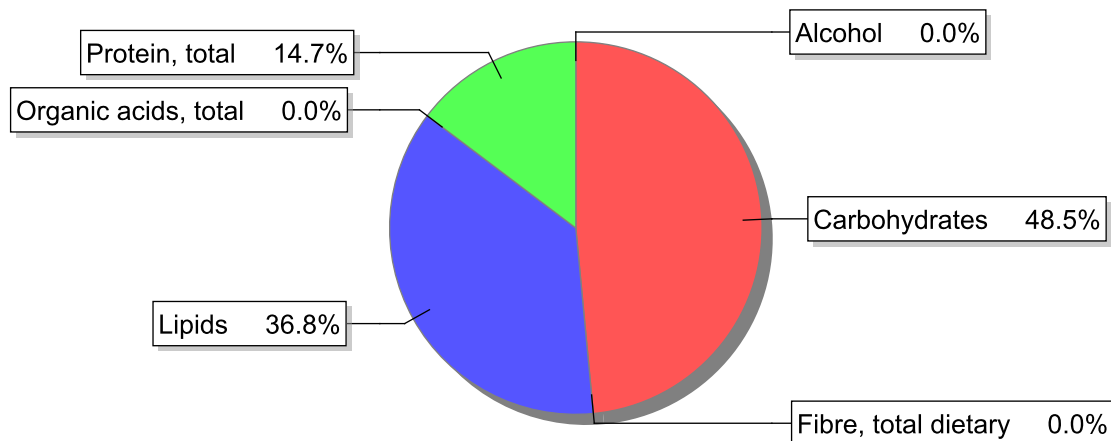
## Food

**Name:** Dessert, "Crème brûlée"  
**Group:** Desserts  
**Subgroup:**  
**Edible Part:** 100%  
**Code:** IS500  
**FoodEX2 Code:** A02PV

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	683	kJ	
fatty acids, total saturated	2.3	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.674	g	
fatty acids, total trans	0.1	g	
sugars, total	18.5	g	
sucrose	13.9	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	4.6	g	
<b>salt</b>	0.1	g	
<b>fibre, total dietary</b>	0.0	g	
<b>protein, total</b>	5.9	g	
<b>alcohol</b>	0	g	
<b>water</b>	66.3	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	227	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	106	µg	
<b>carotene, total (vitamin A precursors)</b>	11	µg	
<b>vitamin D</b>	0.9	µg	
<b>alpha-tocopherol</b>	0.82	mg	
<b>thiamin</b>	0.08	mg	
<b>riboflavin</b>	0.28	mg	
<b>niacin, preformed</b>	0.2	mg	
<b>niacin equivalents, total</b>	1.68	mg	
<b>niacin equivalents from tryptophan</b>	1.48	mg	
<b>vitamin B-6, total</b>	0.19	mg	
<b>vitamin B-12</b>	0.59	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	24	µg	
<b>ash</b>	1.03	g	
<b>sodium</b>	46	mg	
<b>potassium</b>	170	mg	
<b>calcium</b>	130	mg	
<b>phosphorus</b>	160	mg	
<b>magnesium</b>	11	mg	
<b>iron, total</b>	1.1	mg	
<b>zinc</b>	1	mg	

## Legend

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

## References