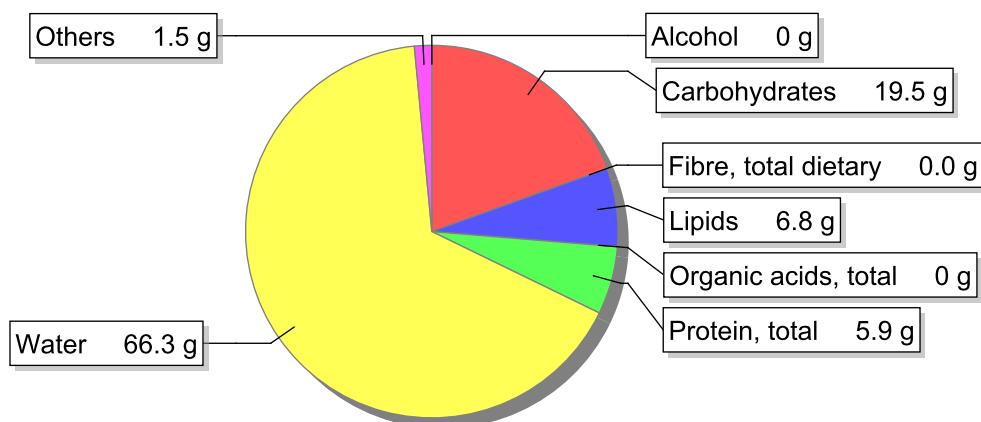


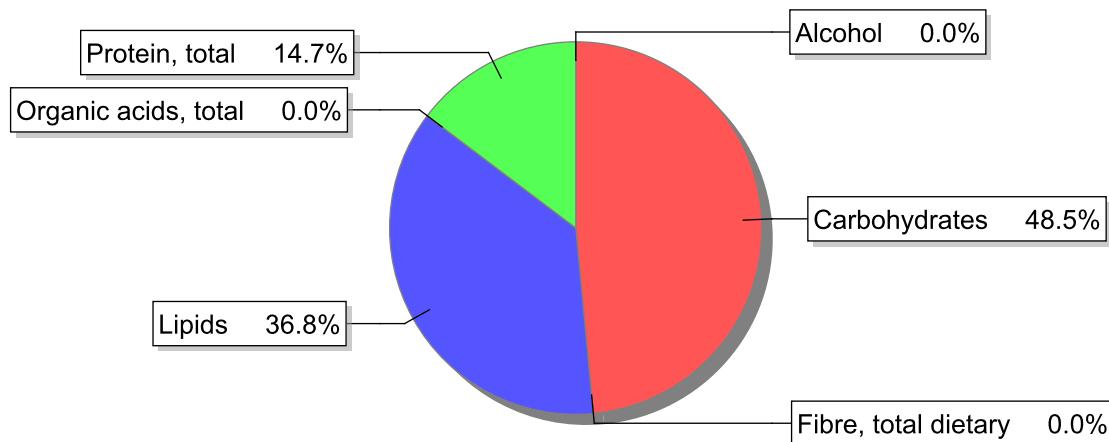
## Food

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

## Legend

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

## References