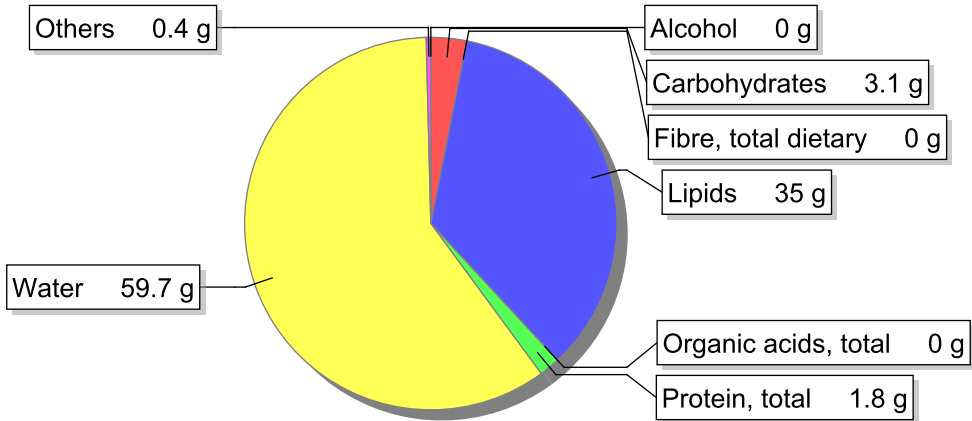


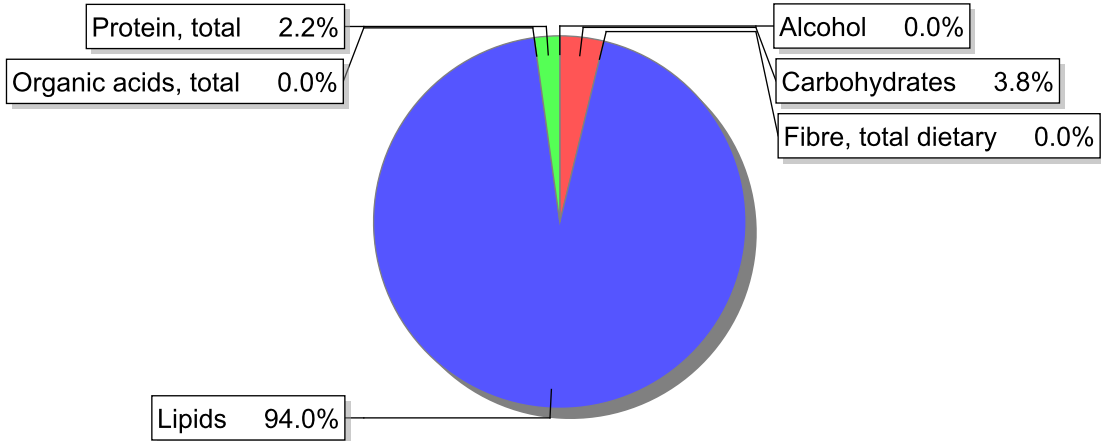
Food

Name: Cream, UHT, 35% fat
Group: Milk and milk products
Subgroup: Cream
Edible Part: 100%
Code: IS067
FoodEX2 Code: A02ML

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	335	kcal	
energy kJ, total metabolisable	1380	kJ	
fatty acids, total saturated	20	g	
fatty acids, total monounsaturated	7.9	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	1.2	g	
sugars, total	3.1	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	3.1	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	1.8	g	57
alcohol	0	g	
water	59.7	g	57
organic acids, total	0	g	
cholesterol	74	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	479	µg	57
carotene, total (vitamin A precursors)	247	µg	57
vitamin D	0.2	µg	57
alpha-tocopherol	1.9	mg	57
thiamin	0.02	mg	57
riboflavin	0.17	mg	57
niacin, preformed	0.3	mg	57
niacin equivalents, total	0.7	mg	57
niacin equivalents from tryptophan	0.4	mg	57
vitamin B-6, total	0.02	mg	57
vitamin B-12	0.17	µg	57
vitamin C	0	mg	57
folate, total	3	µg	57
ash	0.40	g	
sodium	28	mg	57
potassium	98	mg	57
calcium	61	mg	57
phosphorus	52	mg	57
magnesium	5	mg	57
iron, total	0.2	mg	57
zinc	0.2	mg	57

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