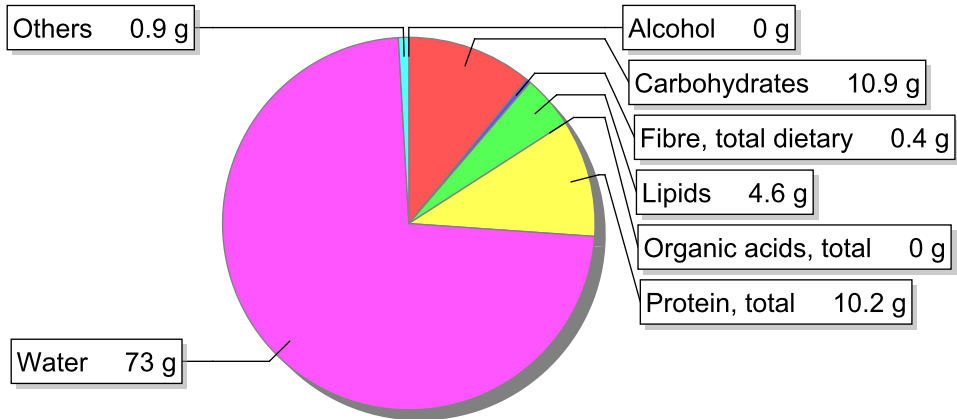


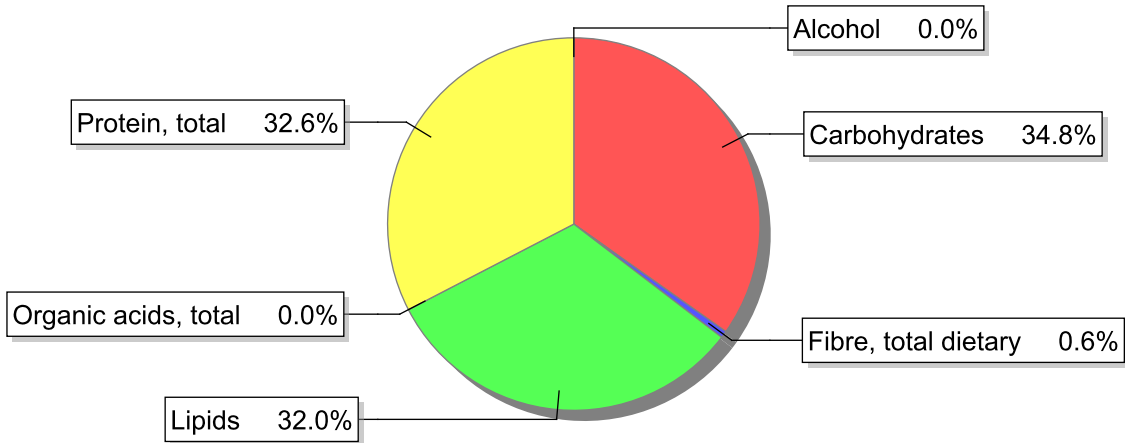
Food

Name: Rice, cooked with octopus and olive oil
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS924
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	127	kcal	
energy kJ, total metabolisable	532	kJ	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.276	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	0.4	g	
protein, total	10.2	g	
alcohol	0	g	
water	73	g	
organic acids, total	0	g	
cholesterol	42	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	1.46	mg	
thiamin	0.02	mg	
riboflavin	0.02	mg	
niacin, preformed	0.96	mg	
niacin equivalents, total	3.6	mg	
niacin equivalents from tryptophan	2.26	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.55	µg	
vitamin C	0.5	mg	
folate, total	6.3	µg	
ash	1.02	g	
sodium	220	mg	
potassium	70	mg	
calcium	15	mg	
phosphorus	80	mg	
magnesium	23	mg	
iron, total	0.3	mg	
zinc	1.2	mg	

Legend

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

References