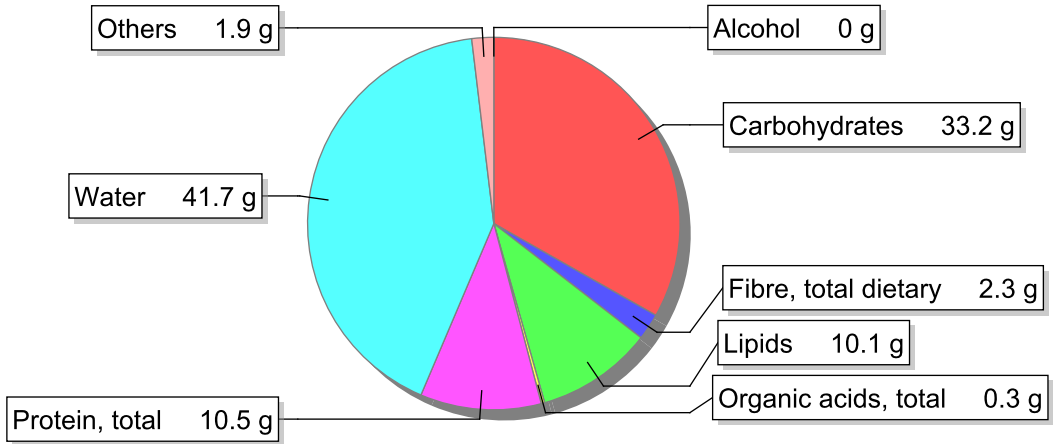


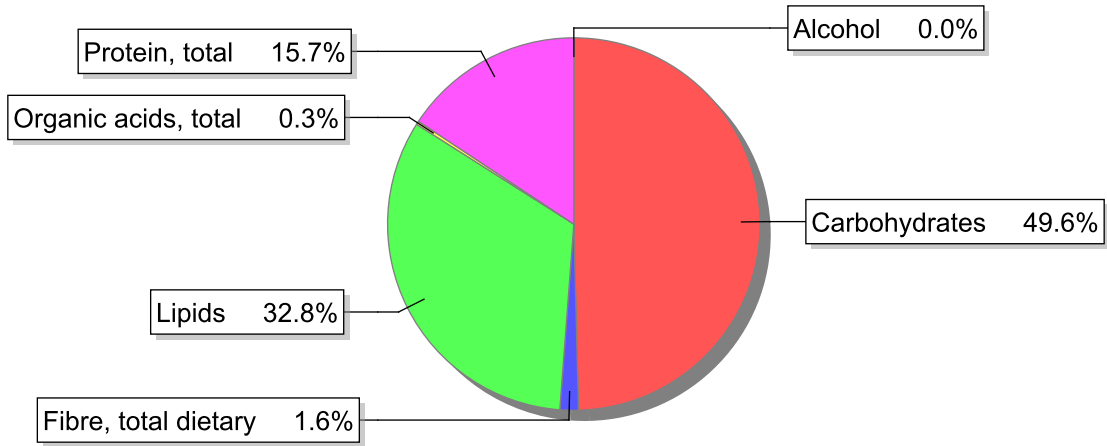
Food

Name: Pizza, with cheese and tomato
Group: Cereal and cereal products
Subgroup: Pizza
Edible Part: 100%
Code: IS954
FoodEX2 Code: A03ZN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	271	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	3.3	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.760	g	
fatty acids, total trans	0.3	g	
sugars, total	2.2	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.3	g	
protein, total	10.5	g	
alcohol	0	g	
water	41.7	g	
organic acids, total	0.3	g	
cholesterol	15	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	82	µg	
carotene, total (vitamin A precursors)	260	µg	
vitamin D	0.1	µg	
alpha-tocopherol	1.36	mg	
thiamin	0.07	mg	
riboflavin	0.13	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	3.43	mg	
niacin equivalents from tryptophan	2.32	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0.23	µg	
vitamin C	6.5	mg	
folate, total	29	µg	
ash	1.93	g	
sodium	400	mg	
potassium	210	mg	
calcium	240	mg	
phosphorus	230	mg	
magnesium	32	mg	
iron, total	1.2	mg	
zinc	1.2	mg	

Legend

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

References