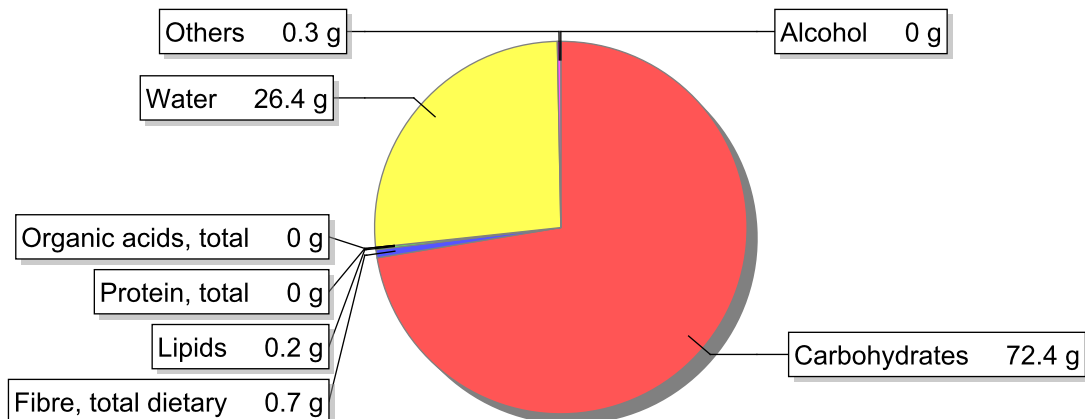


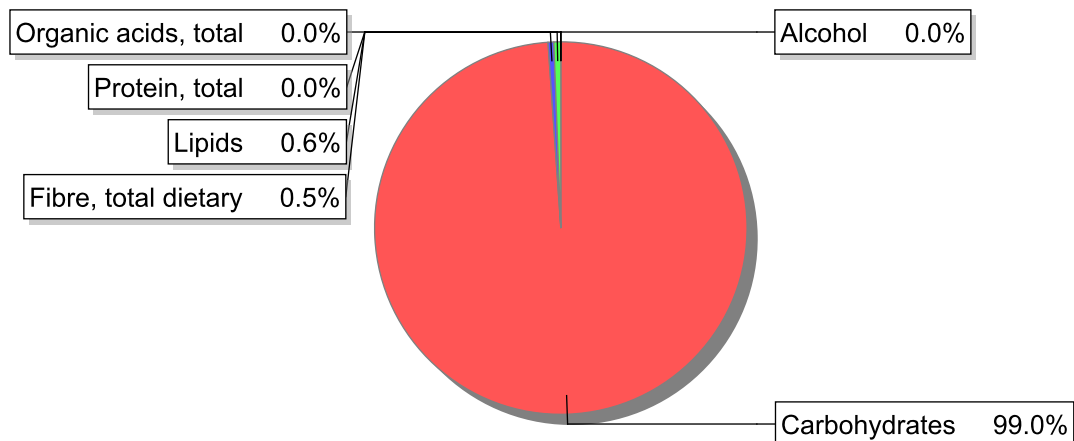
## Food

**Name:** Pumpkin, crystallized  
**Group:** Fruit  
**Subgroup:** Fresh fruit  
**Edible Part:** 100%  
**Code:** IS625  
**FoodEX2 Code:** A0ETS

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	293	kcal	
energy kJ, total metabolisable	1240	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	72.4	g	
sucrose	57	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.7	g	
protein, total	0	g	
alcohol	0	g	
water	26.4	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	45	µg	
carotene, total (vitamin A precursors)	207	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	0.15	g	
sodium	27	mg	
potassium	22	mg	
calcium	28	mg	57
phosphorus	2	mg	
magnesium	3	mg	
iron, total	0.4	mg	
zinc	0.1	mg	

## 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