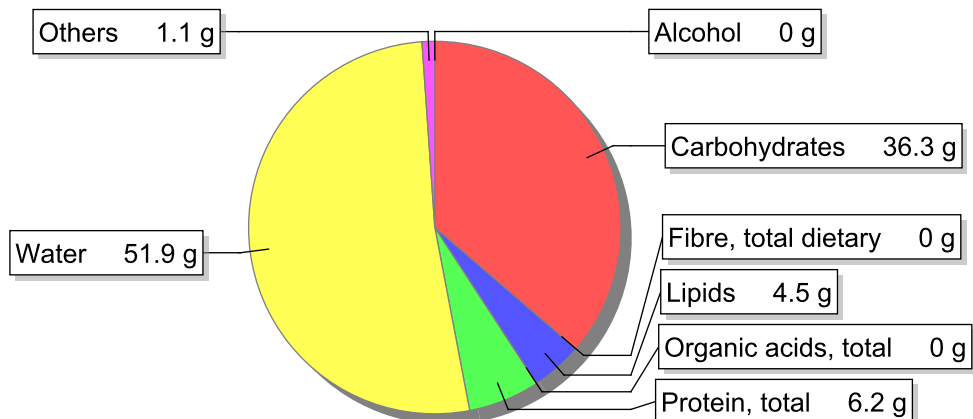


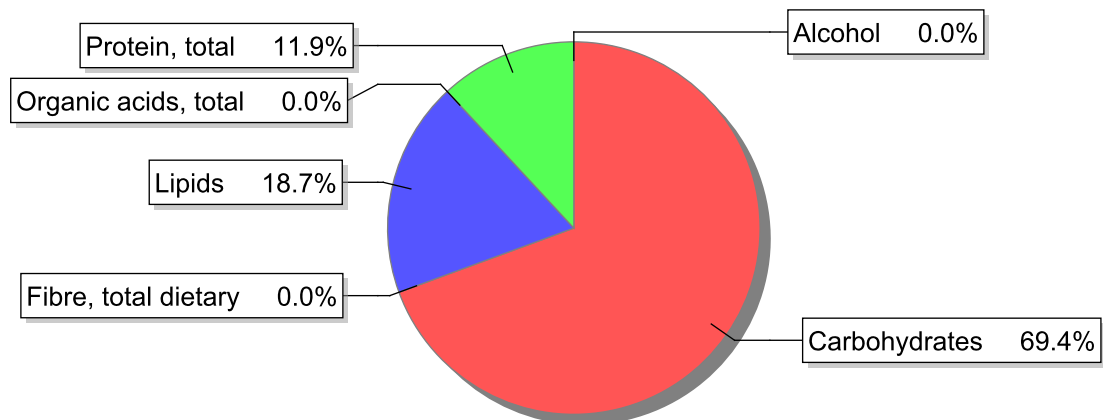
Food

Name: Pudding, flan, homemade
Group: Desserts
Subgroup:
Edible Part: 100%
Code: IS491
FoodEX2 Code: A02PV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	211	kcal	
energy kJ, total metabolisable	889	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.639	g	
fatty acids, total trans	0.1	g	
sugars, total	36.3	g	
sucrose	33.6	g	

Name	Value	Unit	Source(s)
lactose	2.7	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	6.2	g	
alcohol	0	g	
water	51.9	g	
organic acids, total	0	g	
cholesterol	142	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	76	µg	
carotene, total (vitamin A precursors)	7	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.79	mg	
thiamin	0.05	mg	
riboflavin	0.25	mg	
niacin, preformed	0.13	mg	
niacin equivalents, total	1.78	mg	
niacin equivalents from tryptophan	1.67	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	0.4	µg	
vitamin C	0	mg	
folate, total	17	µg	
ash	0.779	g	
sodium	70	mg	
potassium	130	mg	
calcium	77	mg	
phosphorus	110	mg	
magnesium	8.7	mg	
iron, total	0.8	mg	
zinc	0.7	mg	

Legend

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

References