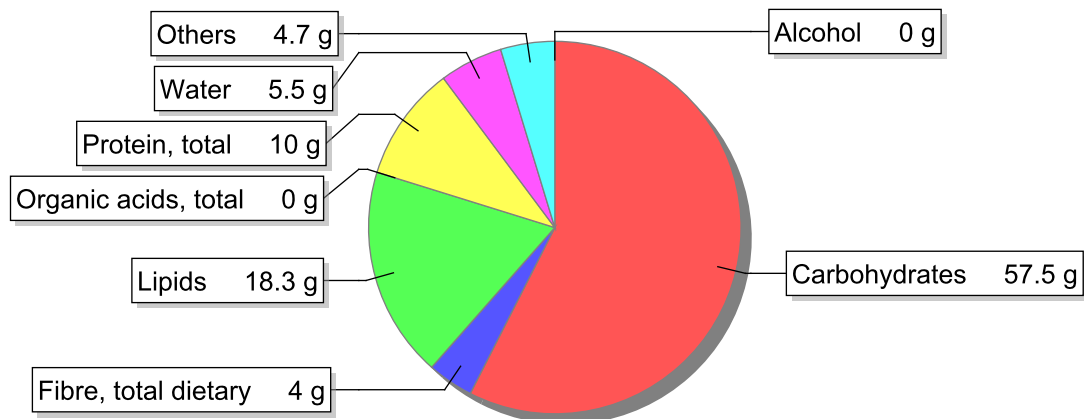


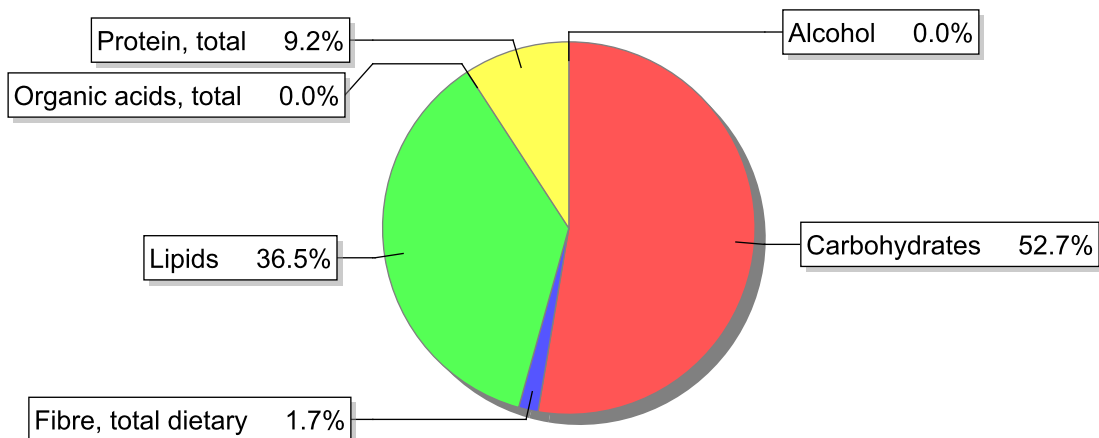
Food

Name: Biscuits, oat
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS462
FoodEX2 Code: A00AB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	443	kcal	
energy kJ, total metabolisable	1860	kJ	
fatty acids, total saturated	8	g	
fatty acids, total monounsaturated	5.8	g	
fatty acids, total polyunsaturated	3.4	g	
fatty acid 18:2 n-6 cis,cis	3.2	g	
fatty acids, total trans	0.8	g	
sugars, total	3	g	
sucrose	1.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	4	g	
protein, total	10	g	
alcohol	0	g	
water	5.5	g	
organic acids, total	0	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	2.1	mg	
thiamin	0.32	mg	
riboflavin	0.09	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	3	mg	
niacin equivalents from tryptophan	2.3	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	26	µg	
ash	4.70	g	
sodium	1230	mg	
potassium	340	mg	
calcium	54	mg	
phosphorus	420	mg	
magnesium	100	mg	
iron, total	4.5	mg	
zinc	2.3	mg	

Legend

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

References