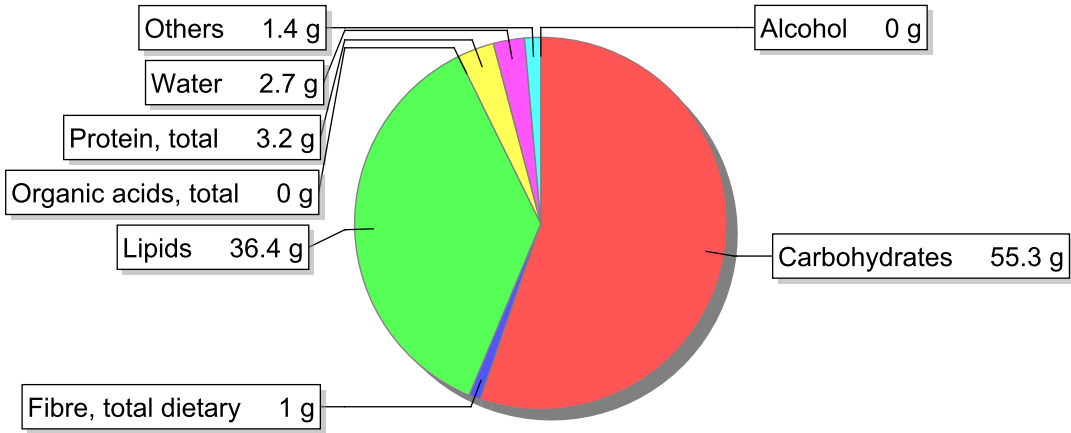


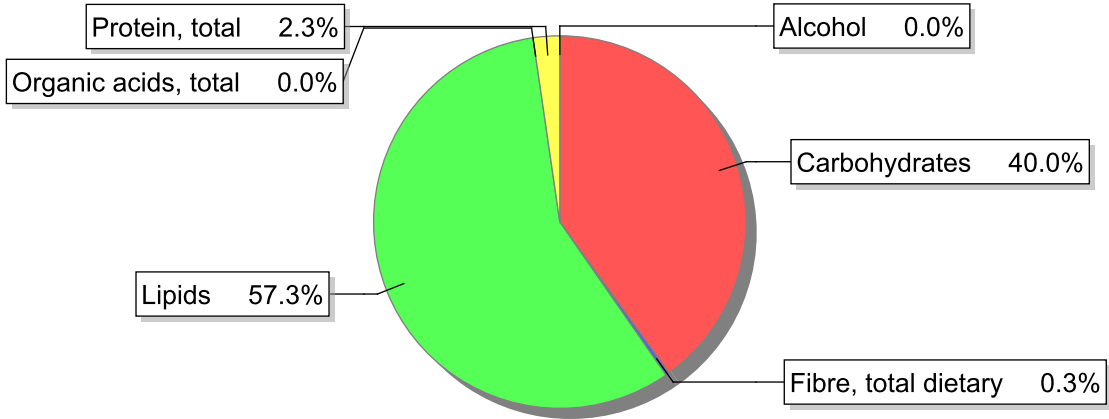
Food

Name: Biscuits waffer, vanilla
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS463
FoodEX2 Code: A009V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	564	kcal	
energy kJ, total metabolisable	2350	kJ	
fatty acids, total saturated	15.7	g	
fatty acids, total monounsaturated	11.6	g	
fatty acids, total polyunsaturated	6.8	g	
fatty acid 18:2 n-6 cis,cis	6.3	g	
fatty acids, total trans	1.6	g	
sugars, total	30.5	g	
sucrose	29.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1	g	
protein, total	3.2	g	57
alcohol	0	g	
water	2.7	g	57
organic acids, total	0	g	
cholesterol	15	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	1.4	mg	
thiamin	0.1	mg	57
riboflavin	0.13	mg	57
niacin, preformed	1.2	mg	57
niacin equivalents, total	1.8	mg	
niacin equivalents from tryptophan	0.6	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	7	µg	
ash	0.80	g	
sodium	55	mg	57
potassium	160	mg	
calcium	34	mg	57
phosphorus	86	mg	57
magnesium	22	mg	
iron, total	0.8	mg	57
zinc	0.6	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