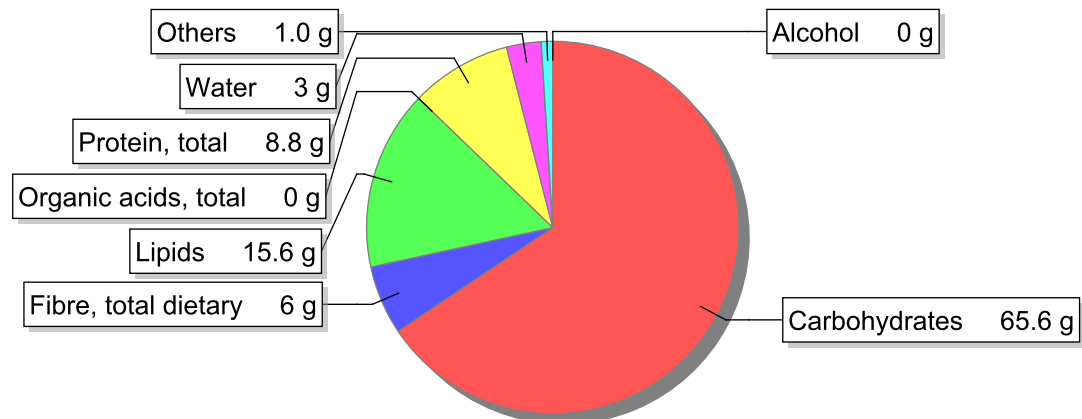


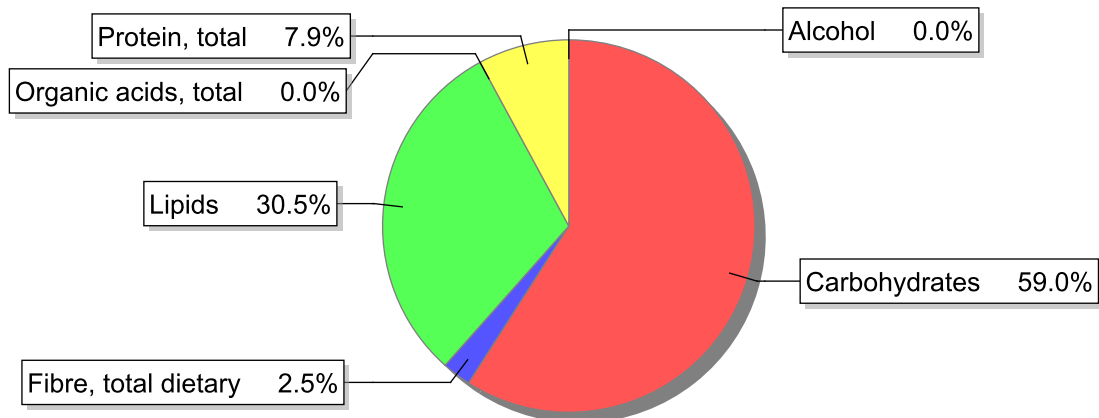
Food

Name: Biscuits, wheat, whole
Group: Cereal and cereal products
Subgroup: Biscuits
Edible Part: 100%
Code: IS467
FoodEX2 Code: A00AA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	450	kcal	
energy kJ, total metabolisable	1890	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	5	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.7	g	
fatty acids, total trans	0.7	g	
sugars, total	3	g	
sucrose	3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	6	g	
protein, total	8.8	g	
alcohol	0	g	
water	3	g	
organic acids, total	0	g	
cholesterol	0	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	1.3	mg	
thiamin	0.22	mg	
riboflavin	0.05	mg	
niacin, preformed	2.4	mg	
niacin equivalents, total	4	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	23	µg	
ash	1.50	g	
sodium	630	mg	
potassium	150	mg	
calcium	96	mg	
phosphorus	150	mg	
magnesium	43	mg	
iron, total	2.2	mg	
zinc	1	mg	

Legend

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

References