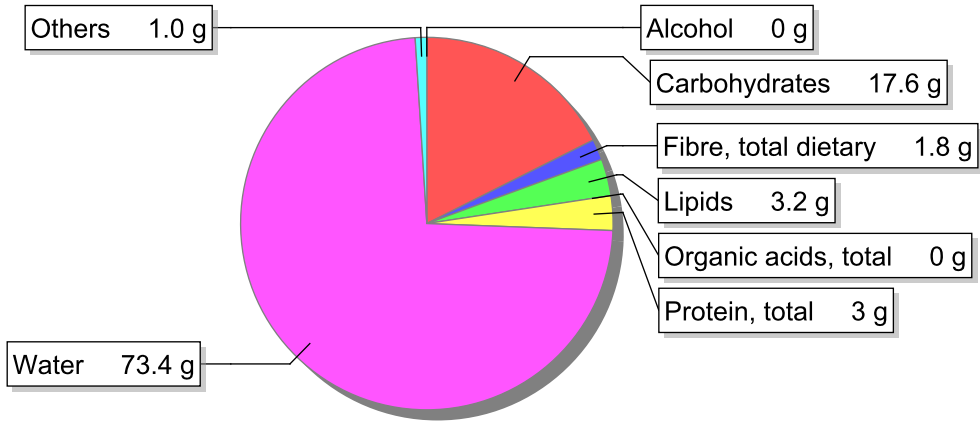


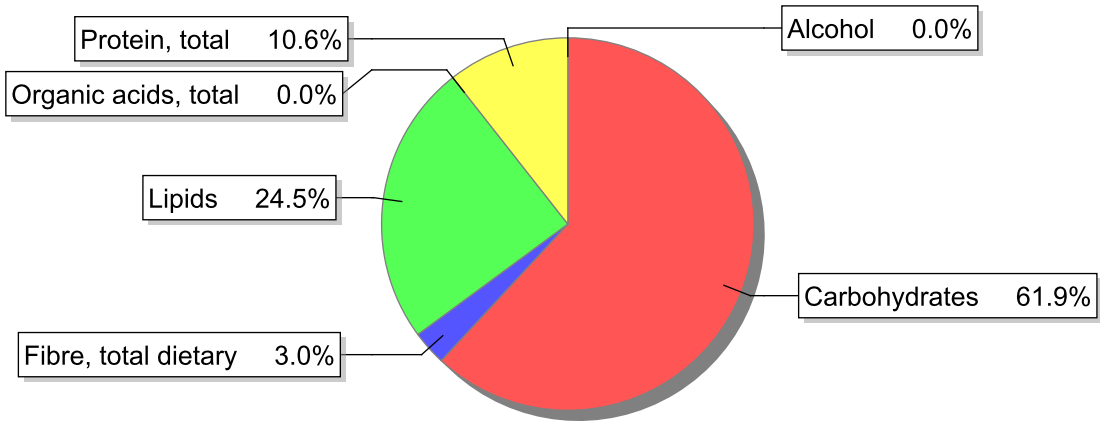
Food

Name: Spaghetti, stewed with carrots and margarine
Group: Cereal and cereal products
Subgroup: Pasta
Edible Part: 100%
Code: IS421
FoodEX2 Code: A040R

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	115	kcal	
energy kJ, total metabolisable	483	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	0.7	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.954	g	
fatty acids, total trans	0	g	
sugars, total	1.9	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
starch, total	15.5	g	
protein, total	3	g	
alcohol	0	g	
water	73.4	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	139	µg	
carotene, total (vitamin A precursors)	722	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.26	mg	
thiamin	0.07	mg	
riboflavin	0.01	mg	
niacin, preformed	0.74	mg	
niacin equivalents, total	1.38	mg	
niacin equivalents from tryptophan	0.61	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	3.1	mg	
folate, total	12	µg	
ash	1.01	g	
sodium	280	mg	
potassium	130	mg	
calcium	15	mg	
phosphorus	49	mg	
magnesium	13	mg	
iron, total	0.7	mg	
zinc	0.3	mg	

Legend

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

References