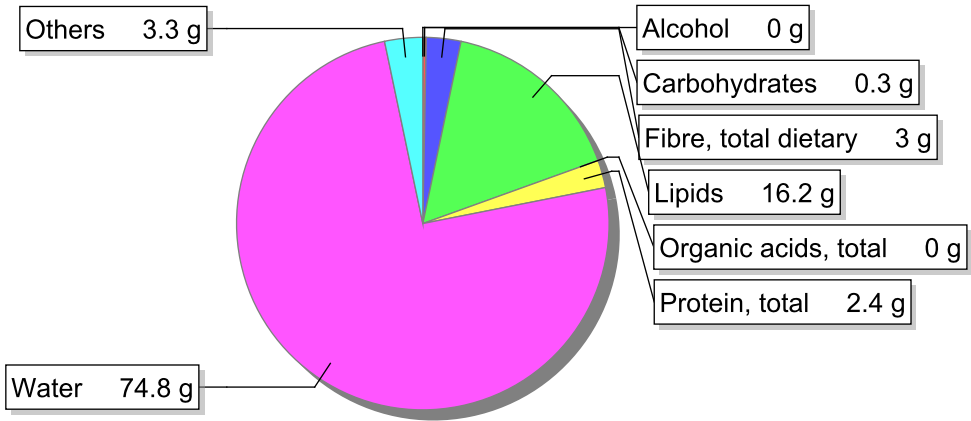


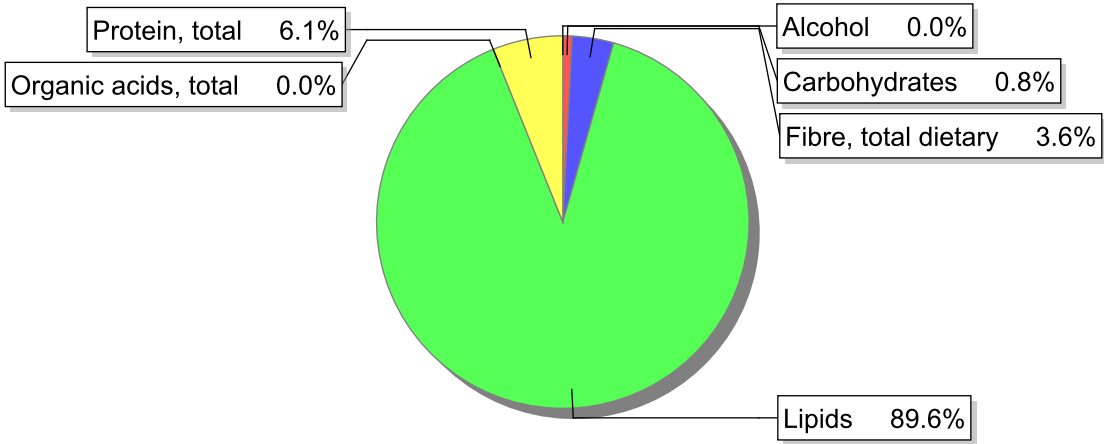
Food

Name: Mushrooms, fried in vegetable oil
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS605
FoodEX2 Code: A00TP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	669	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	3.4	g	
fatty acids, total polyunsaturated	10.4	g	
fatty acid 18:2 n-6 cis,cis	10.4	g	
fatty acids, total trans	0	g	
sugars, total	0.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3	g	
protein, total	2.4	g	
alcohol	0	g	
water	74.8	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	2.9	mg	
thiamin	0.09	mg	
riboflavin	0.34	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	
folate, total	11	µg	
ash	1.70	g	
sodium	4	mg	
potassium	340	mg	
calcium	8	mg	
phosphorus	100	mg	
magnesium	19	mg	
iron, total	1	mg	
zinc	0.5	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2