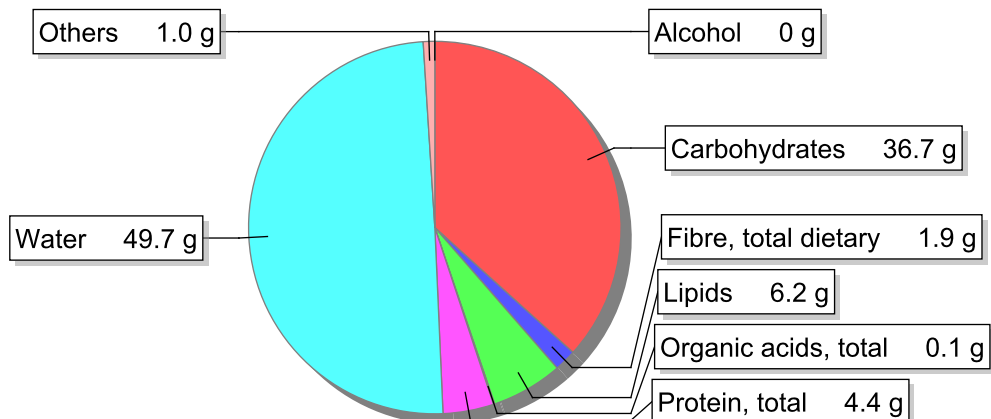


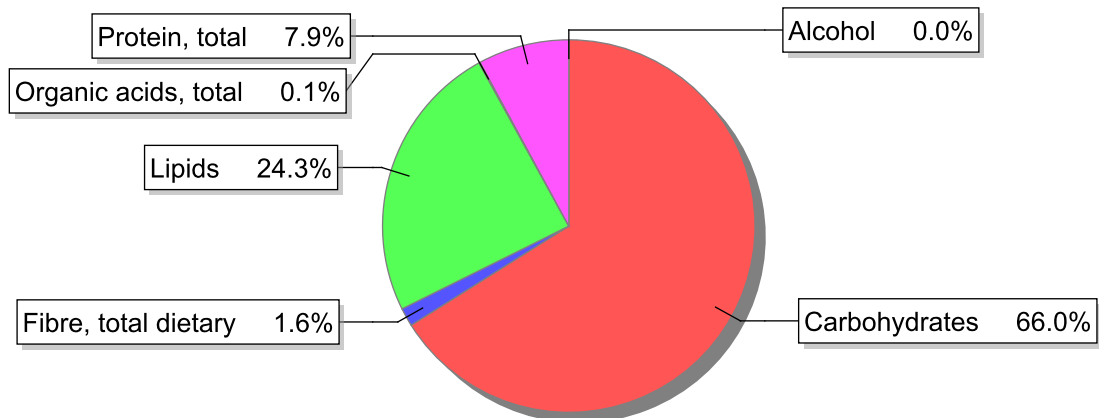
Food

Name: Pie, apple and peach
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS497
FoodEX2 Code: A00BZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	224	kcal	
energy kJ, total metabolisable	945	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.688	g	
fatty acids, total trans	0.2	g	
sugars, total	21.8	g	
sucrose	15.6	g	

Name	Value	Unit	Source(s)
lactose	1.7	g	
salt	0.1	g	
fibre, total dietary	1.9	g	
protein, total	4.4	g	
alcohol	0	g	
water	49.7	g	
organic acids, total	0.1	g	
cholesterol	46	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	49	µg	
carotene, total (vitamin A precursors)	60	µg	
vitamin D	0.2	µg	
alpha-tocopherol	1.14	mg	
thiamin	0.05	mg	
riboflavin	0.14	mg	
niacin, preformed	0.49	mg	
niacin equivalents, total	1.49	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.12	µg	
vitamin C	2.3	mg	
folate, total	9.5	µg	
ash	0.817	g	
sodium	54	mg	
potassium	180	mg	
calcium	57	mg	
phosphorus	87	mg	
magnesium	21	mg	
iron, total	0.7	mg	
zinc	0.5	mg	

Legend

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

References