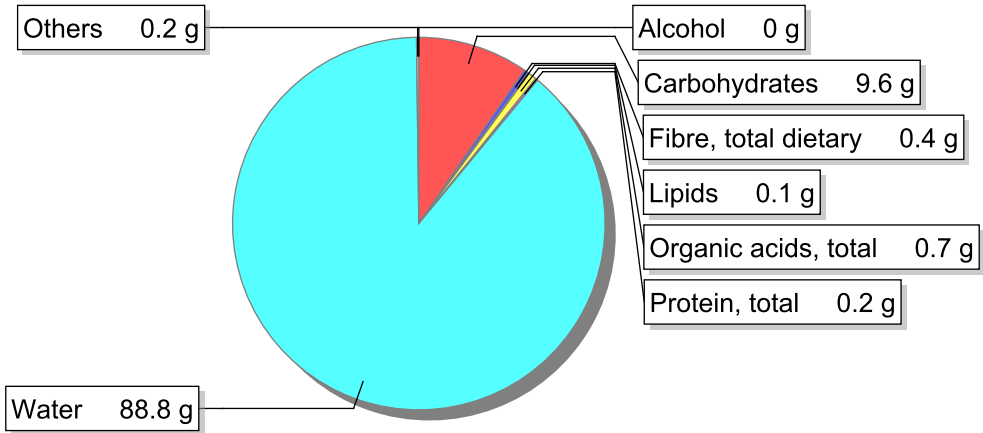


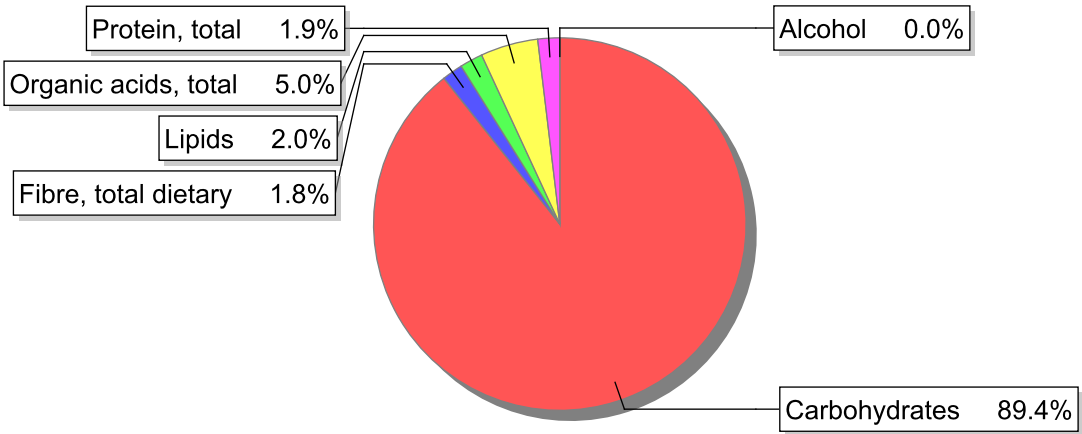
Food

Name: Nectar, orange
Group: Drinks
Subgroup: Non-alcoholic beverages
Edible Part: 100%
Code: IS750
FoodEX2 Code: A03BG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	43	kcal	
energy kJ, total metabolisable	183	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	9.6	g	
sucrose	3.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.4	g	
protein, total	0.2	g	
alcohol	0	g	
water	88.8	g	
organic acids, total	0.7	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	42	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.04	mg	
riboflavin	0.01	mg	
niacin, preformed	0.14	mg	
niacin equivalents, total	0.14	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	
vitamin C	40	mg	
folate, total	12	µg	
iodide	0.6	µg	1140
sodium	7	mg	
potassium	62	mg	
calcium	6	mg	
phosphorus	4	mg	
magnesium	4	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2