

Clasificare: BISCUIȚI CU ADAOSURI

Denumire produs: Biscuiți Petit-Beurre, ID 0172

Ingrediente: făină de grâu, zahăr, grăsimi vegetale

Conținut pentru 100g parte comestibilă

| Denumire component | EuroFIR ID | Unitate exprimare | Valoare | Referință |
|----------------------------|------------|-------------------|---------|-----------|
| Valoare energetică | ENERC | kcal | 392 | |
| Valoare energetică | ENERC | kJ | 1658 | |
| Proteine totale [NCF: 5,7] | PROT | g | 7,86 | |
| Azot total | NT | g | 1,379 | |
| Lipide totale [FACE: 0,9] | FAT | g | 6,42 | |
| Acizi grași totali | | g | 5,78 | |
| Acizi grași saturați | FASAT | g | 2,32 | |
| C4:0 | F4:0 | g | | |
| C6:0 | F6:0 | g | | |
| C8:0 | F8:0 | g | | |
| C10:0 | F10:0 | g | | |
| C12:0 | F12:0 | g | | |
| C14:0 | F14:0 | g | | |
| C15:0 | F15:0 | g | | |
| C16:0 | F16:0 | g | | |
| C17:0 | F17:0 | g | | |
| C18:0 | F18:0 | g | | |
| C20:0 | F20:0 | g | | |
| C22:0 | F22:0 | g | | |
| C24:0 | F24:0 | g | | |
| Acizi grași mononesaturați | FAMS | g | 2,57 | |
| C14:1, n-5 | F14:1CN5 | g | | |
| C16:1, n-7 | F16:1CN7 | g | | |
| C18:1, n-9 | F18:1CN9 | g | | |
| C18:1, n-7 | F18:1CN7 | g | | |
| C18:1, n-11 | F18:1CN11 | g | | |
| C20:1, n-9 | F20:1CN9 | g | | |
| C20:1, n-11 | F20:1CN11 | g | | |
| C22:1, n-9 | F22:1CN9 | g | | |
| C22:1, n-11 | F22:1CN11 | g | | |
| C24:1, n-9 | F24:1CN9 | g | | |
| Acizi grași polinesaturați | FAPU | g | 0,89 | |
| C18:2, n-6 | F18:2CN6 | g | | |
| C18:3, n-3 | F18:3CN3 | g | | |
| C18:3, n-6 | F18:3CN6 | g | | |
| C18:4, n-3 | F18:4CN3 | g | | |
| C20:3, n-6 | F20:3CN6 | g | | |
| C20:4, n-6 | F20:4CN6 | g | | |

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|---------------------------|----------|-----|-------|--|
| C20:5, n-3 | F20:5CN3 | g | | |
| C22:4, n-6 | F22:4CN6 | g | | |
| C22:5, n-3 | F22:5CN3 | g | | |
| C22:5, n-6 | F22:5CN6 | g | | |
| C22:6, n-3 | F22:6CN3 | g | | |
| Acizi grași n-3 | FACN3 | g | | |
| Acizi grași n-6 | FACN6 | g | | |
| Glucide totale | CHOT | g | 75,68 | |
| Glucide disponibile | CHO | g | 73,41 | |
| Zaharuri | SUGAR | g | 16,22 | |
| Fibre alimentare totale | FIBT | g | 2,27 | |
| Apă | WATER | g | 8,61 | |
| Cenușă totală | ASH | g | 0,88 | |
| Vitamine | | | | |
| Vitamina A | VITA | RE | | |
| β-caroten | CARTB | μg | | |
| Retinol | RETOL | μg | | |
| Vitamina B2 | RIBF | mg | | |
| Vitamina B1 | THIA | mg | | |
| Vitamina B12 | VITB12 | μg | | |
| Vitamina B6 | PYRXN | mg | | |
| Vitamina C | VITC | mg | | |
| Vitamina D | VITD | μg | | |
| Vitamina E | VITE | ATE | | |
| α-tocoferol | TOCPHA | mg | | |
| Niacină | NIA | mg | | |
| Folați | FOL | μg | | |
| Substanțe minerale | | | | |
| Calciu | CA | mg | | |
| Potasiu | K | mg | | |
| Magneziu | MG | mg | | |
| Sodiu | NA | mg | 196 | |
| Fosfor | P | mg | | |
| Fier | FE | mg | | |
| Zinc | ZN | mg | | |
| Seleniu | SE | μg | | |
| Cupru | CU | mg | | |
| Sare | NACL | g | 0,49 | |