



Cereals, ROMAN MEAL, plain, dry

TOTAL  
21.5  
15.6

Macronutrient profile [gr. of nutrient per 100 gr. food]



- Proteins
- Water
- Sugars
- Fibre
- Alcohol
- Lipids
- Other

FIBER  
71.6  
47.1

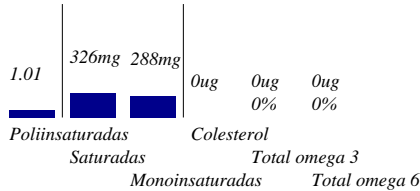
Energy [kcal per 100 gr. food]



322

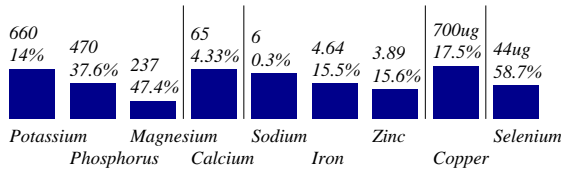
kCALs  
14  
12.4  
15.6

Main lipids profile [gr of lipid per 100 gr. food]



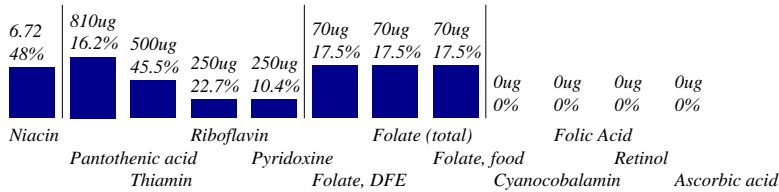
EFA  
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.  
23.4

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.  
16.3