

Nutrition Information

Item : Bran, Wheat

Short descriptor : Wheatbran

Portion : One tablespoon : 23 g

Small portion : One teaspoon : 5 g

Large portion : 3 tablespoons : 50 g

Originating Organisation : FSA

Originator's ID Code : 5-0001

HMSO Food Code : 1

Nutrient	Value per 100g	Measure
Protein	14.1	grams
Nitrogen	2.24	grams
Fat	5.5	grams
Carbohydrate	26.8	grams
Sugars	3.8	grams
Starch	23.0	grams
Energy	206	kilocalories
Energy	872	kilojoules
Saturates	0.9	grams
Monounsaturates	0.7	grams
Polyunsaturates	2.9	grams
Cholesterol	0	milligrams
AOAC Fibre	39.6	grams
Englyst Fibre	36.4	grams
Alcohol	0	grams
Sodium	28	milligrams
Potassium	1160	milligrams
Iodine	Unknown >0	micrograms
Vitamin E	2.6	milligrams

Item : Bacon, rasher, lean and fat, fried, middle

Short descriptor : Fried middle bacon

Portion : One average portion : 46 g

Small portion : One rasher : 40 g

Originating Organisation : FSA

Originator's ID Code : 5-0354

Nutrient	Value per 100g	Measure
Protein	24.1	grams
Nitrogen	3.86	grams
Fat	42.3	grams
Carbohydrate	0	grams
Energy	477	kilocalories
Energy	1975	kilojoules
Vitamin D	Trace	micrograms