

McCANCE & WIDDOWSONS 7TH SUMMARY EDITION

THE COMPOSITION OF FOODS **LYONS RICH ROAST COFFEE 750g**

	Instant Coffee (Powder / Granules / Freeze Dried)
	Per 100g
Energy kcal	75
kJ	320
Protein	14.6
Carbohydrate	4.5
of which sugars	0
of which starch	4.5
Fat	Tr
of which saturates	Tr
Monounsaturated	Tr
Polyunsaturated	Tr
trans	Tr
Fibre (AOAC)	0
Sodium mg (g)	81 (0.081)
Salt Equivalent mg (g)	202.5 (0.203)
Potassium mg	3780
Calcium mg	140
Magnesium mg	330
Iron mg	4.6
Moisture	3.4
Ash	12