

Voedingswaardentabel
Nutralon Dreumesmelk 4

| | <i>per 100 g</i> | <i>per 100 ml *</i> | |
|------------------------------------|------------------|---------------------|----------------|
| Energie | 1900/453 | 273/65 | kJ/kcal |
| Vetten | 19.0 | 2.7 | g |
| waarvan | | | |
| verzadigd | 5.2 | 0.75 | g |
| enkelvoudig onverzadigd | 8.8 | 1.3 | g |
| meervoudig onverzadigd | 5.1 | 0.7 | g |
| -linolzuur | 4200 | 600 | mg |
| -α-linoleenzuur | 460 | 66.7 | mg |
| -docosahexaeenzuur (DHA) | 80 | 11.7 | mg |
| Koolhydraten | 59.6 | 8.6 | g |
| waarvan | | | |
| suikers | 44.4 | 6.4 | g |
| -lactose | 41.6 | 5.98 | g |
| polyolen | | | |
| -inositol | 33 | 4.7 | mg |
| Vezels | 4.0 | 0.6 | g |
| waarvan | | | |
| -galacto-oligosachariden (GOS) | 3.4 | 0.48 | g |
| -fructo-oligosachariden (FOS) | 0.56 | 0.08 | g |
| -3'GL (3'-Galactosyllactose) | 70 | 10 | mg |
| Eiwitten | 9.1 | 1.3 | g |
| vitamine A | 516 | 74 | µg |
| vitamine D | 23 | 3.25 | µg |
| vitamine E | 10 | 1.5 | mg |
| vitamine K | 46 | 6.6 | µg |
| thiamine | 0.29 | 0.04 | mg |
| riboflavine | 1.6 | 0.23 | mg |
| niacine | 1.7 | 0.24 | mg |
| pantotheenzuur | 4.22 | 0.606 | mg |
| vitamine B6 | 0.452 | 0.065 | mg |
| folaat | 90 | 13 | µg |
| vitamine B12 | 2.2 | 0.32 | µg |
| biotine | 11 | 1.6 | µg |
| vitamine C | 99 | 14 | mg |
| Na | 178 | 25.5 | mg |
| K | 696 | 100 | mg |
| Cl | 355 | 51 | mg |
| Ca | 837 | 120 | mg |
| P | 459 | 66 | mg |
| Mg | 68 | 9.7 | mg |
| Fe | 9.1 | 1.3 | mg |
| Zn | 2.7 | 0.39 | mg |
| I | 109 | 16 | µg |
| non-calorische koolhydraten | 1.6 | 0.2 | g |

* 14,4 g poeder opgelost tot 100 ml. Een afgestreken maatschepje bevat 4,8 g poeder.