



Blemil Riso 3

INFORMASI NILAI GIZI/NUTRITION FACTS

Takaran Saji/serving size: 6 sendok takar/scoop (28,0 g/200 ml)

Jumlah Sajian per kemasan/Number of servings per pack: 28

JUMLAH PER SAJIAN/TOTAL PER SERVING

			%AKG
Energi total/Total Energy	140	kcal	
Energi dari lemak/Energy from fat	60	kcal	
Lemak Total/Fat	7	g	10%
Asam lemak Trans/Trans fatty acids	0	g	
Kolesterol/Cholesterol	0	mg	0%
Asam linoleat/Linoleic acid (ω -6)	885	mg	7%
Asam α -linolenat/ α -Linolenic acid (ω -3)	81	mg	6%
Asam lemak jenuh/Saturated fatty acids	4	g	19%
Protein/Proteins	4	g	6%
L-lysin/L-lysine	1,7	mg	
L-triptofan/L-triptophan	0,4	mg	
Karbohidrat/Carbohydrates	16	g	5%
Serat pangan/Dietary fiber	1	g	3%
Total gula/Total sugars	0	g	
Garam (Natrium) Sodium	45	mg	4%
Kalium/Potassium	320	mg	
Vitamin dan mineral			
Vitamin A	30	%	
Vitamin C	30	%	
Vitamin D ₃	20	%	
Vitamin E	40	%	
Vitamin K	30	%	
Vitamin B ₁ (Tiamin/Thiamin)	10	%	
Vitamin B ₂ (Riboflavin)	10	%	
Vitamin B ₃ (Niasin/Niacin)	15	%	
Vitamin B ₅ (Asam Pantotenat/Pantothenic acid)	20	%	
Vitamin B ₆ (Piridoksin/Piridoxine)	15	%	
Vitamin B ₉ (Asam folat/Folic acid)	4	%	
Vitamin B ₁₂ (Kobalamin/Cyanocobalamin)	25	%	
Biotin	15	%	
Kalium/Potassium	2	%	
Kalsium/Calcium	20	%	
Zat besi/Iron	15	%	
Fosfor/Phosphorus	15	%	
Magnesium	4	%	
Iodum/Iodine	25	%	



Zink/Zinc	10	%
Tembaga/Copper	20	%
Selenium	20	%
Mangan/Manganese	8	%

Komponen lain

Fruktooligosakarida/Fructooligosaccharides	0,9	g
Kolin/Choline	35	mg
Taurin/Taurine	7,9	mg
L-karnitin/L-carnitine	3,0	mg
Nukleotida/Nucleotids	7,3	mg
Klorida/Chlorine	128	mg

**Persen AKG berdasarkan kebutuhan energi 2150 kkal. Kebutuhan energi anda mungkin lebih tinggi atau rendah.
/*Percent Daily Values are based on a 2150 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*



	Units	100 g	100 ml 14 g/100 ml
Total protein	g	14	1,96
Total fats	g	22	3,08
MCTs	g	6,04	0,85
Ácido Linoléico C:18:2	mg	2.170	303,80
Ácido Linoléico C:18:3	mg	243	34,02
Total carbohydrates	g	57,5	8,05
Maltodextrin	g	45,5	6,37
Corn starch	g	12	1,68
Coline	mg	50	7,00
Taurine	mg	33	4,62
Inositol	mg	25	3,50
L-Carnitine	mg	10	1,40

MINERALS	Units	100 g	100 ml 14g/100 ml
Sodium	mg	260	36,40
Potassium	mg	620	86,80
Chloride	mg	500	70,00
Calcium	mg	500	70,00
Phosphorus	mg	330	46,20
Iron	mg	7,5	1,05
Magnesium	mg	50	7,00
Zinc	mg	4	0,56
Copper	mcg	330	46,20
Iodine	mcg	100	14,00
Manganese	mcg	150	21,00
Selenium	mcg	10	1,40
Chrome	mcg	20	2,80
Molybdenum	mcg	30	4,20
Fluoride	mcg	275	37,13
Calcium/phosphorus ratio		1,5	1,5

VITAMINS	Units	100 g	100 ml 14 g/100 ml
Vitamin A	mcg/UI	360/1199,9	50,40/168,0
Vitamin D	mcg/UI	6,8/272	0,95/38
Vitamin E	mg/UI	9/13,4	1,26/1,9
Vitamin K	mcg	38	5,32
Vitamin B1	mcg	430	60,20
Vitamin B2	mcg	510	71,40
Vitamin B6	mcg	380	53,20
Vitamin B12	mcg	1	0,14
Vitamin C	mg	85	11,9
Folic Acid	mcg	53	7,42
Pantotenic Acid	mg	2,7	0,38
Niacin	mg	4	0,56
Biotin	mcg	9	1,26



Energy	kcal	484	67,76
	KJ	2.030	284,2

Nucleotides	Units	100 g	100 ml 14 g/100 ml
Cytidine-5'- Monophosphate	mg	7,7	1,08
Uridine-5'- Monophosphate	mg	6,2	0,87
Adenosine-5'- Monophosphate	mg	2,8	0,39
Guanosine-5'- Monophosphate	mg	1,8	0,25
Inosine-5'- Monophosphate	mg	1,8	0,25

Renal load	mOsm/l	136,2
Osmolarity	mOsm/l	137,4