

NÆRINGAREFNATÖFLUR - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		Ætur hluti %	Orka		Prótein g	Fita alls g	Fitusýrur		Kól- esteról mg	Kolvetni		Trefjar g	Vatn g
			kJ	kcal			Fita			alls g	viðbættur sykur g		
							mettaðar g	ómettaðar g					
401	BEYGLUR	100	1180	282	8.5	1.5	0.3	1.0	0	57.6	1.0	2.8	27.6
402	BÓKHVEITI	100	1480	354	6.6	2.0	0.5	1.3	0	76.1	0	1.9	12.6
403	BRAUÐ, dökk hveitibrauð	100	948	227	10.2	2.1			0	41.0	0.3	4.5	39.3
404	BRAUÐ, fjölkornabrauð	100	1000	239	9.2	3.3	1.3	1.3	8	42.5	0.3	5.1	37.5
405	BRAUÐ, franskbrauð	100	1040	249	9.2	2.5	0.5	1.4	0	46.6	0.7	2.5	37.2
406	BRAUÐ, hafrabrauð	100	1010	242	9.3	2.7			0	44.4	0	3.6	38.0
407	BRAUÐ, hamborgarabrauð	100	1180	283	9.1	5.7	1.1	3.6	0	48.0	3.5	2.7	33.0
408	BRAUÐ, heilhveitibrauð	100	1030	245	9.7	2.3	0.5	1.3	0	45.7	0.4	4.6	35.6
409	BRAUÐ, Heimilisbrauð, Myllan	100	1000	240	10.1	1.9	0.8	0.7	0	44.8	0	5.1	35.9
410	BRAUÐ, hvítlauksbrauð	100	1250	298	8.3	10.1	5.7	3.0	25	43.1	0	2.6	33.9
411	BRAUÐ, ítölsk, Ciabatta	100	992	237	9.0	2.0	0.4	1.1		45.0	0.3	2.0	40.7
412	BRAUÐ, ítölsk, meðalsamsetning	100	961	230	8.5	1.3	0.2	0.7	0	45.2	0	2.6	40.4
413	BRAUÐ, ítölsk, ólífubrauð	100	912	218	7.7	1.5	0.2	0.8	0	42.7	0	2.5	43.6
414	BRAUÐ, ítölsk, tómatabrauð	100	904	216	7.9	0.9	0.1	0.7	0	43.3	0	2.5	43.4
415	BRAUÐ, maltbrauð	100	918	219	7.3	1.1	0.1	0.7	0	44.3	0	7.1	37.7
416	BRAUÐ, pylsubrauð	100	1170	280	9.0	5.2	1.0	3.3	3	48.6	5.6	2.6	33.1
417	BRAUÐ, rúgbrauð, seytt	100	854	204	4.3	1.2	0.2	0.7	0	43.3	9.0	7.5	41.8
418	BRAUÐ, sigtibrauð	100	965	231	7.6	1.1	0.1	0.6	0	46.8	0.3	4.5	37.6
419	BRAUÐ, sojabrauð	100	1030	245	10.3	3.4	0.5	2.7	0	42.7	0	4.3	37.2
420	BRAUÐ, sólkjarnabrauð	100	1070	255	10.1	5.2	2.0	2.0	9	41.2	0.1	5.3	36.6
421	BRAUÐ, trefjaríkt, 7,5% trefjar	100	942	225	9.0	1.9	0.7	0.7	2	42.3	0	7.5	37.7
422	BRAUÐSTANGIR, frá pítsustöðum	100	1420	340	12.0	9.5	1.4	7.2	0	50.9	2.0	3.0	20.7
423	BRÚNKAKA (formkaka)	100	1520	363	5.9	14.4	6.5	6.5		52.0		2.0	24.1
424	BRÚNTERTA (brún lagkaka)	100	1850	442	6.0	22.5	6.7	6.7		53.8		1.3	15.1
425	BYGG	100	1330	319	8.7	2.2	0.4	1.3	0	65.0	0	12.3	9.2
426	BYGGMJÖL, úr heilu byggi	100	1030	246	8.9	1.7	0.3	0.9	0	48.0	0	28.0	7.4
427	DÖÐLUBOTN	100	1340	320	6.0	9.2				52.8		2.5	26.0
428	DÖÐLUKAKA	100	1190	284	6.2	4.4				54.2			33.4
429	EPLABAKA	100	932	223	2.6	8.5	2.7	3.7	0	33.7	13.2	1.9	52.2
430	EPLAKAKA	100	1280	307	4.6	16.5	5.2	7.3	65	35.0	18.2	1.4	41.8

NÆRINGAREFNATÖFLUR: VÍTAMÍN OG STEINEFNI - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		VÍTAMÍN							STEINEFNI			
		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
401	BEYGLUR	0	0	0.03	0.46	0.31	75	0	80	480	109	3.82
402	BÓKHVEITI	0	0	0.32	0.35	0.11	20	0	8	1	200	1.50
403	BRAUÐ, dökk hveitibrauð									630		
404	BRAUÐ, fjólkornabrauð	37	0.20	0.30	0.15	0.09	32	0	72	495	190	1.62
405	BRAUÐ, franskbrauð	0	0	0.53	0.17	0.09	32	0	62	496	139	0.85
406	BRAUÐ, hafrabrauð	0	0					0		436		
407	BRAUÐ, hamborgarabrauð	0	0	0.53	0.17	0.09	32	0	62	245	139	0.85
408	BRAUÐ, heilhveitibrauð	0	0	0.50	0.19	0.12	32	0	64	470	194	1.26
409	BRAUÐ, Heimilisbrauð, Myllan	0	0	0.50	0.19	0.12	32	0	64	600	194	1.14
410	BRAUÐ, hvítlauksbrauð	82	0.07	0.28	0.17	0.09	32	0	62	615	139	1.27
411	BRAUÐ, ítölsk, Ciabatta									100		1.27
412	BRAUÐ, ítölsk, meðalsamsetning									200		1.27
413	BRAUÐ, ítölsk, ólífubrauð									200		1.27
414	BRAUÐ, ítölsk, tómatabrauð									100		1.27
415	BRAUÐ, maltbrauð	0	0	0.25	0.22	0.14	45	0	155	599	293	2.05
416	BRAUÐ, pylsubrauð	5	0	0.50	0.12	0.12	31	0	62	235	139	0.70
417	BRAUÐ, rúgbrauð, seytt	0	0	0.30	0.18	0.11	39	0	53	550	182	1.42
418	BRAUÐ, sigtbrauð	11	0	0.27	0.14	0.07	38	0	27	591	131	0.89
419	BRAUÐ, sojabrauð		0					0		380		
420	BRAUÐ, sólkjarnabrauð	40	0.30	0.30	0.21	0.09	58	0	36	464	177	1.28
421	BRAUÐ, trefjaríkt, 7,5% trefjar	0	0	0.60	0.28	0.12	32	0	21	437	268	2.28
422	BRAUÐSTANGIR, frá pítsustöðum	0	0	1.48	0.12	0.05	17	0	22	657	124	1.11
423	BRÚNKAKA (formkaka)	120	2.10	0.40	0.10	0.20		0	75	440	197	0.40
424	BRÚNTERTA (brún lagkaka)									340		
425	BYGG	0	0	0.30	0.16	0.08	34	0	60	4	600	2.40
426	BYGGMJÖL, úr heilu byggi	0	0	0.64				0	45	50	680	
427	DÖÐLUBOTN									140		
428	DÖÐLUKAKA									210		
429	EPLABAKA	2	0	0.51	0.03	0.02	4	3	16	294	98	0.34
430	EPLAKAKA	40	0.23	1.31	0.03	0.08	12	2	55	163	98	0.55

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			kJ	kcal			mettaðar g	ómettaðar g		alls g	viðbættur sykur g		
431	FÍKJUBITAR	100	1700	407	5.0	12.0				69.1			13.0
432	FLATKÖKUR	100	1010	241	8.7	3.2	0.4	2.3	0	43.7	0	6.7	36.3
433	FORMKAKA	100	1590	381	6.6	16.4	4.6	5.4		51.4		0.7	23.9
434	FRANSKAR VÖFFLUR	100	2280	545	4.2	33.7				56.6			4.3
435	FURSTAKAKA	100	1920	458	7.4	22.7				55.9		1.4	10.4
436	GLASSÚRKAKA	100	1790	428	4.7	14.6				68.8			11.0
437	GRÁFÍKJUKAKA	100	1700	405	6.5	20.3				49.1		1.7	20.2
438	GULRÓTAKAKA	100	1460	348	5.6	21.5	4.6	15.6	53	33.2	11.0	2.1	36.1
439	HAFRAGRAUTUR	100	167	40	1.3	0.8	0.1	0.5	0	6.8	0	1.3	89.2
440	HAFRAMJÖL, HAFRAGRJÓN	100	1410	337	13.2	6.4	1.1	4.9	0	55.9	0	11.7	10.3
441	HEILHVEITI	100	1260	301	10.0	1.7	0.2	1.0	0	60.5	0	12.3	14.0
442	HEILHVEITI, próteinríkt	100	1260	301	15.0	1.7	0.2	1.0	0	55.5	0	12.3	14.0
443	HIRSIFLÖGUR	100	1550	370	12.1	3.3			0	71.8	0	2.0	9.9
444	HJÓNABANDSSÆLA	100	1720	410	5.7	17.0	5.7	8.3	30	58.2	26.8	2.5	15.2
445	HRÍSGRJÓN, hvít, póleruð, hrá	100	1490	355	8.4	0.5	0.1	0.3	0	78.0	0	2.3	10.0
446	HRÍSGRJÓN, hvít, póleruð, soðin	100	521	125	2.9	0.2	0.1	0.1	0	27.3	0	0.8	69.0
447	HRÍSGRJÓN, hvít, vítamínrík, hrá	100	1520	364	7.4	0.3	0.1	0.2	0	81.6	0	0.7	11.5
448	HRÍSGRJÓN, hýðishrísgrjón, hrá	100	1480	353	7.5	1.9	0.4	1.2	0	75.1	0	2.4	11.2
449	HRÍSGRJÓN, hýðishrísgrjón, soðin	100	412	98	2.5	0.7	0.2	0.5	0	20.2	0	2.6	73.0
450	HRÍSKÖKUR, saltaðar	100	1600	383	7.6	3.5	0.9	2.2	0	79.1	0	4.2	4.6
451	HRÍSTERTA	100	1830	436	7.0	20.9				54.9		0.6	14.9
452	HRÖKKBRAUÐ, fínt	100	1650	395	11.0	8.5	2.5	5.3	0	67.7	0	6.0	5.0
453	HRÖKKBRAUÐ, gróft	100	1330	317	12.6	3.2	0.7	2.5	0	58.4	0	15.6	7.0
454	HUNANGSKAKA	100	1710	409	6.6	12.2				67.6		1.2	10.8
455	HVEITI	100	1410	337	12.0	1.0	0.2	0.5	0	68.7	0	3.7	14.0
456	HVEITI, próteinríkt	100	1410	337	14.0	1.0	0.2	0.5	0	66.7	0	3.7	14.0
457	HVEITI, vítamín- og járnþætt	100	1460	350	10.3	1.0	0.2	0.5	0	73.6	0	2.7	11.9
458	HVEITIKÍM	100	1350	323	27.5	9.4	1.3	5.3	0	31.5	0	14.0	13.3
459	HVEITIKLÍÐ	100	815	195	15.4	5.3	0.9	3.5	0	21.0	0	43.5	11.7
460	HVEITIKORN, heil	100	1240	296	11.1	2.0	0.3	1.2	0	57.3	0	16.9	10.4

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4. KORNMATUR, BRAUÐ OG KÖKUR		VÍTAMÍN							STEINEFNI			
		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
431	FÍKJUBITAR											
432	FLATKÖKUR	0	0	1.04	0.15	0.07	21	0	22	298	155	0.58
433	FORMKAKA	120	2.10	0.40	0.10	0.20			54	411	140	0.40
434	FRANSKAR VÖFFLUR								23	293	97	
435	FURSTAKAKA									275		
436	GLASSÚRKAKA								17	259	58	
437	GRÁFÍKJUKAKA									337		
438	GULRÓTAKAKA	266	0.20	3.50	0.10	0.10	17	1	119	192	232	1.50
439	HAFRAGRAUTUR	0	0	0.16	0.04	0.01	2	0	13	195	42	0.49
440	HAFRAMJÖL, HAFRAGRJÓN	0	0	1.50	0.39	0.13	32	0	123	4	400	4.65
441	HEILHVEITI	0	0	1.50	0.40	0.13	50	0	35	3	378	1.79
442	HEILHVEITI, próteinríkt											
443	HIRSIFLÖGUR	0	0	0.20	0.73	0.38		0	10	0	220	4.80
444	HJÓNABANDSSÆLA	18	0.10	1.38	0.08	0.06	11	0	94	224	139	2.50
445	HRÍSGRJÓN, hvít, póleruð, hrá	0	0	0.10	0.08	0.03	20	0	49	49	79	2.60
446	HRÍSGRJÓN, hvít, póleruð, soðin	0	0	0	0.02	0.01	4	0	17	150	28	0.40
447	HRÍSGRJÓN, hvít, vítamínrík, hrá	0	0	0.07	0.61	0.04	31	0	10	2	150	1.20
448	HRÍSGRJÓN, hýðishrísgrjón, hrá	0	0	0.82	0.48	0.05	53	0	11	2	251	1.30
449	HRÍSGRJÓN, hýðishrísgrjón, soðin	0	0	0.20	0.10	0.02	8	0	4	150	75	0.40
450	HRÍSKÖKUR, saltaðar	0	0	0.10	0.08	0.03	20	0	49	300	79	2.60
451	HRÍSTERTA									328		
452	HRÖKKBRAUÐ, fínt	0	0	1.00	0.20	0.10	14	0	70	400	260	3.00
453	HRÖKKBRAUÐ, gróft	0	0	1.40	0.30	0.30	40	0	55	280	530	3.60
454	HUNANGSKAKA									203		
455	HVEITI	0	0		0.12	0.04	26	0	17	2	140	1.20
456	HVEITI, próteinríkt	0	0		0.12	0.04	26	0	17	2	140	1.41
457	HVEITI, vítamín- og járnþætt	0	0		0.79	0.49	154	0	15	2	107	4.64
458	HVEITIKÍM	10	0	11.00	1.45	0.61	190	0	41	6	1046	5.00
459	HVEITIKLÍÐ	1	0	2.40	0.89	0.36	140	0	85	28	1230	12.70
460	HVEITIKORN, heil	1	0	1.50	0.35	0.13	21	0	40	5	384	3.50

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			kJ	kcal			mettaðar g	ómettaðar g		alls g	viðbættur sykur g		
461	JÓLAKAKA	100	1550	371	6.6	16.4	4.6	5.4	59	49.1	13.0	3.0	23.9
462	KANILSNÚÐAR, harðir	100	2010	480	7.9	20.7	11.5	10.0	0	56.1	23.0	3.3	11.0
463	KANILSNÚÐAR, mjúkir, Findus	100	1520	364	8.5	13.0	3.4	4.4		52.7	17.0	2.3	22.5
464	KEX, heilhveitikex	100	1760	422	8.6	15.1	4.4	5.9	4	62.5	10.0	7.1	4.7
465	KEX, hveiti-/hafrakex	100	1920	458	7.4	18.1	5.5	7.4	30	66.0	17.0	4.0	3.3
466	KEX, kremkex, Frón	100	2020	484	5.7	22.0	12.5	2.9	43	65.4	30.1	3.0	2.8
467	KEX, maríukex, án súkkulaðis	100	1800	429	6.9	10.8	3.4	6.8	15	75.2	20.5	2.3	3.4
468	KEX, matarkex, Frón	100	1780	425	8.1	12.4	4.6	4.3	44	69.6	17.3	2.8	6.3
469	KEX, matarkex, gróft, Frón	100	1700	407	8.0	12.0	4.6	4.3	44	66.0	15.0	5.0	8.0
470	KEX, saltkex	100	2030	486	6.7	27.6	14.7	9.9		52.8	0	4.2	5.0
471	KEX, súkkulaðikex	100	2080	498	5.8	26.0	12.5	11.4	30	60.1	27.9	3.5	3.0
472	KEX, tekex	100	1830	438	9.5	15.5	5.1	3.3	0	64.5	0	4.3	4.3
473	KLEINUHRINGIR	100	1550	370	7.6	17.4			65	45.7		1.1	26.8
474	KLEINUHRINGIR, amerískir	100	1610	384	5.3	16.1	3.0	7.3	6	54.1	12.8	1.2	22.1
475	KLEINUHRINGIR, með súkkulaðihjúp	100	1610	384	7.6	17.4	3.1	7.8		49.0		1.1	26.8
476	KLEINUR	100	1580	377	8.8	16.1	3.5	5.4	22	48.9	12.8	1.7	22.9
477	KÓKOSFORMKAKA	100	1620	387	6.3	19.0				47.6		0.8	25.0
478	KÓKOSKAKA	100	2070	495	6.8	31.4				46.7		5.5	7.8
479	KRANSAKAKA	100	1820	436	7.7	16.5	1.3	14.1	0	63.6	59.0	2.0	9.3
480	KRINGLUR	100	1510	361	11.5	2.4	0.9	1.2	0	72.2		3.0	8.4
481	KRYDDKAKA	100	1510	361	5.0	10.8	3.2	6.5	25	60.3	22.6	1.6	21.0
482	KÚSKÚS, hrátt	100	1470	352	12.8	0.6	0.1	0.3	0	72.4		5.0	8.6
483	KÚSKÚS, soðið	100	441	105	3.8	0.2	0.0	0.1	0	21.8		1.4	72.6
484	LAUFABRAUÐ	100	2190	522	8.0	32.5	24.6	6.5		49.8		2.3	6.0
485	MAÍS, hrár	36	527	126	4.1	2.4	0.4	1.9	0	21.7	0	3.7	65.2
486	MAÍSKORN, niðursoðin	100	320	76	2.6	1.4	0.2	0.8	0	13.2	3.0	5.7	76.4
487	MAÍSMJÖL	100	1500	359	6.8	2.8	0.4	1.9	0	75.5	0	3.2	11.1
488	MAÍSSTERKJA	100	1480	354	0.3	0	0	0	0	86.8	0	1.7	12.0
489	MAKKARÓNUR, hráar	100	1510	360	12.0	1.8	0.3	0.9	0	72.7	0	3.1	9.7
490	MAKKARÓNUR, soðnar	100	364	87	3.0	0.5	0.1	0.2	0	17.3	0	0.9	78.1

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		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
461	JÓLAKAKA	34	0.17	0.77	0.09	0.09	13	0	56	357	168	1.40
462	KANILSNÚÐAR, harðir	0	0	0.50	0.12	0.05	17	0	50	300	200	1.11
463	KANILSNÚÐAR, mjúkir, Findus	0	0	0.28	0.09	0.09	13	0	34	832	63	2.65
464	KEX, heilhveitikex	0	0	0.47	0.16	0.07	17	0	70	430	200	1.43
465	KEX, hveiti-/hafrakex	0	0	1.37	0.14	0.11	13	0	70	439	200	1.21
466	KEX, kremkex, Frón	1	0	1.80	0.04	0.05	17	0	50	255	100	1.10
467	KEX, maríukex, án súkkulaðis	0	0	0.40	0.20	0.11	8	0	50	390	200	1.11
468	KEX, matarkex, Frón	1	0	0.50	0.12	0.05	17	0	50	265	200	1.11
469	KEX, matarkex, gróft, Frón	1	0	0.50	0.13	0.05	17	0	50	265	200	2.50
470	KEX, saltkex	0	0	2.30	0.01	0.04	13	0	52	1800	120	0.90
471	KEX, súkkulaðikex	0	0	1.43	0.03	0.13	17	0	110	295	300	1.71
472	KEX, tekex	0	0	1.30	0.23	0.05	32	0	110	610	120	1.70
473	KLEINUHRINGIR	97	0.23	0.57	0.09	0.08	6	0	37	522	84	0.60
474	KLEINUHRINGIR, amerískir	4	0	0.03	0.17	0.06	15	0	59	170	76	1.00
475	KLEINUHRINGIR, með súkkulaðihjúp							0	69	253	148	
476	KLEINUR	41	0.44	0.30	0.10	0	9	0	42	453	150	0.55
477	KÓKOSFORMKAKA									310		
478	KÓKOSKAKA									242		
479	KRANSKAKA	8	0	7.46	0.07	0.25	38	0	37	34	181	1.20
480	KRINGLUR	0	0	1.40	0.10	0.02	21	0	35	591	161	0.70
481	KRYDDKAKA	121	0.98	0.47	0.10	0.06	9	0	36	474	79	0.75
482	KÚSKÚS, hrátt	0	0	0.07	0.16	0.08	20	0	24	10	166	1.08
483	KÚSKÚS, soðið	0	0	0.06	0.06	0.03	15	0	8	5	58	0.38
484	LAUFABRAUÐ	33	0.30	0.40	0.10	0		0	175	244	146	
485	MAÍS, hrár	40	0	0.80	0.15	0.08	33	12	4	3	306	0.60
486	MAÍSKORN, niðursoðin	35	0	0.60	0.05	0.08	32	5	3	205	200	0.13
487	MAÍSMJÖL	18	0	1.27	0.33	2.00	21	0	6	1	120	1.10
488	MAÍSSTERKJA	0	0	0	0	0.01	0	0	10	2	5	0.28
489	MAKKARÓNUR, hráar	0	0	0.70	0.18	0.05	23	0	25	11	230	1.60
490	MAKKARÓNUR, soðnar	0	0		0.03	0	3	0	6	1	25	0.50

NÆRINGAREFNATÖFLUR - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		Ætur hluti %	Orka		Prótein g	Fita alls g	Fitusýrur		Kól- esteról mg	Kolvetni		Trefjar g	Vatn g
			kJ	kcal			mettaðar g	ómettaðar g		alls g	viðbættur sykur g		
491	MARENSBOTN	100	1660	396	4.4	0	0	0	0	93.0	93.0	0	2.0
492	MARENSTERTA	100	1320	315	3.0	18.0	10.5	5.1	50	35.3	31.9	0.4	43.2
493	MARMARAKAKA	100	1830	437	6.7	23.2	6.9	14.0		50.4	11.4	1.1	17.3
494	MASSARÍNUKAKA	100	1660	397	7.4	17.6				51.9		0.9	19.3
495	MORGUNKORN, All bran	100	1230	294	13.0	4.5	0.9	2.9	0	49.5	16.0	28.0	3.0
496	MORGUNKORN, Cocoa Puffs	100	1650	395	4.0	3.2	0.7	1.6	0	86.2	46.0	2.4	1.9
497	MORGUNKORN, Fruit'n Fibre, Kelloggs	100	1490	357	8.0	5.0	3.0	0	0	69.0		9.0	6.6
498	MORGUNKORN, hafrahringir (Cheerios)	100	1530	366	11.8	6.1	1.3	4.5	0	65.1	3.5	9.5	3.2
499	MORGUNKORN, hafrahringir, hunangs-	100	1570	375	10.0	4.0	1.0	2.2	0	73.7	35.0	6.0	2.0
500	MORGUNKORN, heilhvítiflögur	100	1520	364	7.5	1.3	0.4	0	0	79.2	17.2	6.5	3.5
501	MORGUNKORN, hvítiflögur m trefjum	100	1350	322	10.0	2.0	0.4	1.2	0	65.0	22.0	16.0	3.0
502	MORGUNKORN, kornflögur	100	1570	375	7.8	1.0	0.2	0.8	0	82.3	8.0	2.9	3.0
503	MORGUNKORN, kornflögur, súkkulaði-	100	1600	382	6.0	2.5	1.0			82.5	36.0	3.0	3.0
504	MORGUNKORN, Magic Stars	100	1660	397	6.7	3.3			0	83.7	43.3	3.3	4.8
505	MORGUNKORN, múslí, án sykurs	100	1600	383	12.5	14.5	2.2	15.2	0	50.3	0	12.0	8.4
506	MORGUNKORN, múslí, með sykri	100	1630	389	11.0	12.0	1.8	12.6	0	58.6	4.9	9.4	7.0
507	MORGUNKORN, Rice krispies, Kelloggs	100	1630	389	6.0	1.0	0.3	0	0	87.6	10.0	1.1	3.8
508	MORGUNKORN, Special K	100	1590	379	15.0	1.6	0.4	1.2	0	75.0	15.0	2.5	4.1
509	MORGUNKORN, Weetabix, vítamínþætt	100	1420	340	11.2	2.0	0.3	1.1	0	68.2	2.8	10.5	5.8
510	MORGUNKORN, Weetos	100	1630	390	6.2	5.0	1.2	0		79.0	35.0	5.6	1.9
511	MUFFINS / MÚFFUR	100	1970	470	7.0	27.0	11.0	10.0	59	50.0	27.0	1.0	13.0
512	MÖNDLUKAKA	100	1460	348	5.5	9.8	2.5	3.6		58.8	35.8	1.0	23.6
513	NANBRAUÐ	100	1330	319	8.8	8.7	4.0	4.7	10	50.7	0	2.7	27.1
514	NÚÐLUR, eggjanúðlur, þurrkaðar	100	1160	277	10.7	1.2				54.9	0	5.7	25.9
515	OSTAKAKA	100	1170	281	5.4	16.7	9.2	4.8	74	27.3	16.6	0.6	48.1
516	OSTASLAUFUR	100	1310	314	9.9	10.8	3.2	5.4	24	43.9	1.4	3.0	29.8
517	PASTA, eggjapasta, soðið	100	257	61	2.2	0.5	0.1	0.3	0	11.8	0	1.0	84.3
518	PASTA, eggjapasta, þurrkað	100	1650	394	12.1	8.2	2.3	4.4	30	67.0	0	2.9	9.1
519	PASTA, heilhvíti, þurrkað	100	1360	326	13.4	2.5	0.4	1.4	0	61.4	0	11.5	10.5
520	PASTA, soðið	100	541	129	4.8	4.0	0.8	2.8	0	18.3	0	1.0	70.0

NÆRINGAREFNATÖFLUR: VÍTAMÍN OG STEINEFNI - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		VÍTAMÍN							STEINEFNI			
		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
491	MARENSBOTN	0	0	0	0	0.16	1	0	6	70	64	0
492	MARENSTERTA	153	0.13	0.43	0.03	0.06	10	8	37	18	109	0.50
493	MARMARAKAKA	120	2.10	0.40	0.10	0.20		0	48	372	116	0.40
494	MASSARÍNUKAKA									166		
495	MORGUNKORN, All bran	0	3.10	2.20	0.90	1.00	250	0	69	850	900	8.80
496	MORGUNKORN, Cocoa Puffs	0	0	0.46	1.30	1.40	333	20	333	571	174	15.00
497	MORGUNKORN, Fruit'n Fibre, Kelloggs				0.90	1.00	250					8.80
498	MORGUNKORN, hafrahringir (Cheerios)	505	3.30	0.92	1.30	1.40	667	20	133	700	306	27.00
499	MORGUNKORN, hafrahringir, hunangs-	695	3.40	1.50	1.80	1.80	333	20	67	900	357	24.70
500	MORGUNKORN, heilhveitflögur			17.00	2.40	2.70	340	102	500	600		24.00
501	MORGUNKORN, hveitiflögur m trefjum	0	4.20	8.30	0.80	1.10	333	66	50	910	540	24.30
502	MORGUNKORN, kornflögur	28	2.80	0.04	1.00	1.50	333	0	5	1180	79	11.90
503	MORGUNKORN, kornflögur, súkkulaði-				1.20	1.30	333			700		7.90
504	MORGUNKORN, Magic Stars	150						6	10	533	167	4.50
505	MORGUNKORN, múslí, án sykurs	0	0	1.40	0.36	0.10	48	0	88	66	487	4.60
506	MORGUNKORN, múslí, með sykri	0	0	1.40	0.36	0.10	48	0	105	66	487	3.70
507	MORGUNKORN, Rice krispies, Kelloggs	0	0	0.60	1.20	1.30	167	0	20	1260	150	7.90
508	MORGUNKORN, Special K	0	8.30	0.55	2.30	2.70	333	100	70	1150	230	23.30
509	MORGUNKORN, Weetabix, vítamínbætt	0	0	1.03	1.20	1.40	170	0	35	370	370	11.90
510	MORGUNKORN, Weetos				1.20	1.40	170			300		11.90
511	MUFFINS / MÚFFUR	34	0.17	0.77	0.09	0.09	13	0	56	300	168	1.40
512	MÖNDLUKAKA	19	0.10	0.79	0.04	0.06	9	0	216	302	93	0.57
513	NANBRAUÐ	97	0.21	1.38	0.19	0.10	14	0	160	432	180	1.30
514	NÚÐLUR, eggjanúðlur, þurrkaðar							0	35	443	252	
515	OSTAKAKA	171	0.20	0.71	0.05	0.12	14	3	55	210	114	0.35
516	OSTASLAUFUR	21	0.02	0.53	0.25	0.15	49	0	161	607	179	1.75
517	PASTA, eggjapasta, soðið	2	0	1.00	0.01	0.01	1	0	5	15		0.30
518	PASTA, eggjapasta, þurrkað	37	0.30	0.25	0.26	0.10	29	0	28	180	260	1.50
519	PASTA, heilhveiti, þurrkað	0	0	0.25	0.99	0.11	40	0	31	130	390	3.90
520	PASTA, soðið	31	0	1.00	0.08	0.05	9	0	11	150	69	0.60

NÆRINGAREFNATÖFLUR - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		Ætur hluti %	Orka		Prótein g	Fita alls g	Fitusýrur		Kól- esteról mg	Kolvetni		Trefjar g	Vatn g
			kJ	kcal			mettaðar g	ómettaðar g		alls g	viðbættur sykur g		
521	PASTA, þurrkað	100	1480	353	11.0	1.8	0.2	1.0	0	72.1	0	2.9	11.5
522	PIPARKÖKUR	100	1880	449	6.5	15.0	5.6	8.6	15	71.4	33.8	2.3	3.0
523	PITSUBOTN	100	1410	336	11.2	12.8	5.8	5.8	44	43.7		2.6	27.1
524	PITSUSNÚÐAR	100	1120	269	11.0	11.5				30.1	1.0	1.0	44.4
525	PÍTUBRAUÐ, án fyllingar	100	1110	264	8.0	1.0	0.2	0.7	0	54.8	1.0	2.2	32.1
526	PÖNNUKÖKUR	100	926	221	8.1	8.8	3.9	3.6	80	27.2	0.8	1.1	53.4
527	RANDALÍNUKAKA	100	1410	337	5.2	10.9	3.5	4.8	47	54.0	34.5	1.7	26.1
528	RASP	100	1450	346	11.0	1.9	0.4	0.5	0	69.9	0	6.9	10.0
529	RJÓMATERTA	100	1180	282	4.3	15.1	7.4	4.0	118	32.1	19.5	0.6	47.9
530	RÚGMJÖL, gróft	100	1210	289	9.0	2.2	0.3	1.3	0	57.3	0	16.2	14.0
531	RÚGMJÖL, sigtimjöl	100	1420	339	6.2	2.2	0.3	1.3	0	72.4	0	7.5	12.5
532	RÚGUR, heill/brotinn	100	1250	299	8.6	2.5	0.4	1.4	0	59.4	0	15.9	12.0
533	RÚLLUTERTA, brún	100	1760	421	7.2	21.0				50.7		0.8	18.0
534	RÚLLUTERTA, ljós	100	1760	420	7.1	22.4				47.6		0.9	20.4
535	RÚNNSTYKKI	100	1330	318	11.7	4.4	1.3	1.6	0	56.9	1.6	2.5	22.6
536	SKONSUR	100	963	230	8.5	6.0	1.4	4.0	38	35.1	1.9	1.6	46.6
537	SKÚFFUKAKA	100	1580	377	5.6	15.6	6.6	0		53.2	14.8	1.5	21.9
538	SMÁKÖKUR	100	1960	469	5.7	25.4	10.7	12.1	33	54.4	20.1	1.5	11.9
539	SMJÖRDEIGSBOTN	100	1860	444	6.9	33.4	12.2	18.1		29.7		1.4	27.0
540	SMJÖRDEIGSHORN (Croissant)	100	1600	382	6.7	23.0	8.3	9.8	82	37.2	1.0	3.0	28.0
541	SMJÖRKAKA	100	1550	369	5.1	17.4				47.9			28.6
542	SNÚÐAR	100	1390	331	7.3	4.9	1.3	2.1	0	63.5	22.8	2.3	23.8
543	SNÚÐAR, með súkkulaði	100	1130	270	7.3	4.9	1.3	1.7	0	48.6	7.6	2.4	35.8
544	SPAGHETTÍ, hrátt	100	1490	357	11.9	1.3	0.1	0.7	0	73.1	0	4.2	9.0
545	SPAGHETTÍ, soðið	100	436	104	3.6	0.7	0.1	0.4	0	20.5	0	1.2	73.8
546	SPELTMJÖL, fínt hvítt mjöl	100	1490	357	10.6	0.5	0.1	0.3	0	76.1	0	1.9	10.5
547	SPELTMJÖL, heilmalað	100	1360	325	10.8	2.7			0	63.2	0	8.8	12.5
548	SULTUKAKA	100	1690	403	6.2	17.0	5.7	8.3	38	56.0	26.5	2.8	14.5
549	SÚKKULAÐIKAKA	100	1790	428	5.4	21.5	9.4	5.9	102	53.2	27.8	1.0	17.2
550	SVAMPBOTN	100	1230	294	8.1	5.5	1.6	0.8	272	52.3		0.8	31.2

NÆRINGAREFNATÖFLUR: VÍTAMÍN OG STEINEFNI - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		VÍTAMÍN							STEINEFNI			
		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
521	PASTA, þurrkað	0	0	0.25	0.22	0.03	34	0	25	3	250	2.21
522	PIPARKÖKUR	125	1.00	1.50	0.08	0.18	9	0	25	500	153	2.80
523	PITSUBOTN									320		
524	PITSUSNÚÐAR											
525	PÍTUBRAUÐ, án fyllingar	0	0	0.04	0.27	0.10	24	0	86	425	120	1.40
526	PÖNNUKÖKUR	101	0.57	1.50	0.07	0.20	16	0	183	308	173	0.73
527	RANDALÍNUKAKA	32	0.16	1.29	0.04	0.08	13	10	194	251	132	0.63
528	RASP	0	0	0.40	0.20	0.05	39	0	50	465	128	0.70
529	RJÓMATERTA	170	0.38	1.25	0.04	0.12	14	1	37	45	105	0.62
530	RÚGMJÖL, gróft	1	0	1.50	0.30	0.13	69	0	40	1	530	3.30
531	RÚGMJÖL, sigtimjöl	1	0	1.50	0.28	0.13	69	0	25	1	255	1.30
532	RÚGUR, heill/brotinn	1	0	1.50	0.37	0.17	69	0	45	4	460	4.00
533	RÚLLUTERTA, brún									240		
534	RÚLLUTERTA, ljós									250		
535	RÚNNSTYKKI	13	0.20	0.53	0.14	0.09	73	0	56	610	141	1.38
536	SKONSUR	28	0.13	1.07	0.07	0.14	13	0	258	409	171	0.70
537	SKÚFFUKAKA									280		
538	SMÁKÖKUR	233	1.98	3.31	0.05	0.16	9	0	14	210	73	0.96
539	SMJÖRDEIGSBOTN							0		305		
540	SMJÖRDEIGSHORN (Croissant)	21	0	0	0.18	0.16	73	0	80	365	140	2.00
541	SMJÖRKAKA								47	260	120	
542	SNÚÐAR	32	0.60	0.28	0.20	0.20		0	11	222	81	1.60
543	SNÚÐAR, með súkkulaði	0	0	0.28	0.09	0.09	13	0	43	264	210	1.60
544	SPAGHETTÍ, hrátt	0	0	0.10	0.22	0.03	16	0	25	3	250	2.21
545	SPAGHETTÍ, soðið	0	0	0.10	0.01	0.01	4	0	7	1	24	0.50
546	SPELTMJÖL, fínt hvítt mjöl	0	0	0.11	0.06	0.10	24	0	14	3	94	1.50
547	SPELTMJÖL, heilmalað								22	3	447	4.20
548	SULTUKAKA	212	1.80	0.84	0.11	0.06	10	2	109	195	138	1.19
549	SÚKKULAÐIKAKA	278	2.17	0.87	0.06	0.09	8	0	96	291	176	2.00
550	SVAMPBOTN	84	0.70		0.10	0.20		0	26	153	85	2.00

NÆRINGAREFNATÖFLUR - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		Ætur hluti %	Orka		Prótein g	Fita alls g	Fitusýrur		Kól- esteról mg	Kolvetni		Trefjar g	Vatn g
			kJ	kcal			mettaðar g	ómettaðar g		alls g	viðbættur sykur g		
551	TAKÓ SKELJAR	100	1150	275	4.0	12.2	1.8	9.9	0	37.2	0	2.6	42.4
552	TEBOLLUR	100	1560	374	7.6	15.2				51.3		1.7	21.7
553	TORTILLA, úr hveiti	100	1300	311	8.7	7.1	1.8	4.8	0	52.3	0	3.3	26.8
554	TORTILLA, úr maís	100	893	213	5.7	2.5	0.3	1.8	0	41.4	0	5.2	44.1
555	TVÍBÖKUR	100	1560	373	11.2	7.5	2.2	2.8	0	64.2	8.1	3.2	12.0
556	TVÍBÖKUR, grófar	100	1540	369	13.8	7.9	2.3	2.9	0	59.8	2.2	6.7	9.3
557	VANILLUHRINGIR	100	2120	506	7.7	29.9				51.8		1.5	8.0
558	VÍNARBRAUÐ	100	1710	410	5.9	23.5	8.2	11.9	35	43.8	24.3	2.3	22.2
559	VÍNARTERTA	100	1360	326	5.0	9.6	3.6	0		54.2	16.3	1.2	27.2
560	VÖFFLUR	100	1130	270	8.7	12.3	5.2	5.4	104	31.0	6.3	1.2	45.5

NÆRINGAREFNATÖFLUR: VÍTAMÍN OG STEINEFNI - Innihald í 100 grömmum af ætum hluta

4. KORNMATUR, BRAUÐ OG KÖKUR		VÍTAMÍN							STEINEFNI			
		A	D	E	B1	B2	Fólasín	C	Kalk	Natríum	Kalíum	Járn
		µg	µg	mg	mg	mg	µg	mg	mg	mg	mg	mg
551	TAKÓ SKELJAR	114	0.90	1.80	0.05	0.02	5	0	6	239	62	0.57
552	TEBOLLUR									310		
553	TORTILLA, úr hveiti	0	0	0.92	0.53	0.29	123	0	125	478	131	3.30
554	TORTILLA, úr maís	0	0	0.15	0.11	0.07	114	0	175	161	154	1.40
555	TVÍBÖKUR	0	0	1.40	0.10	0.02	21	0	20	525	130	0.70
556	TVÍBÖKUR, grófar	0	0	1.40	0.36	0.18	21	0	78	553	290	2.10
557	VANILLUHRINGIR									245		
558	VÍNARBRAUÐ	20	0	1.18	0.07	0.06	20	0	52	254	108	1.20
559	VÍNARTERTA									300		
560	VÖFFLUR	142	0.93	2.18	0.07	0.21	19	0	171	348	159	0.90