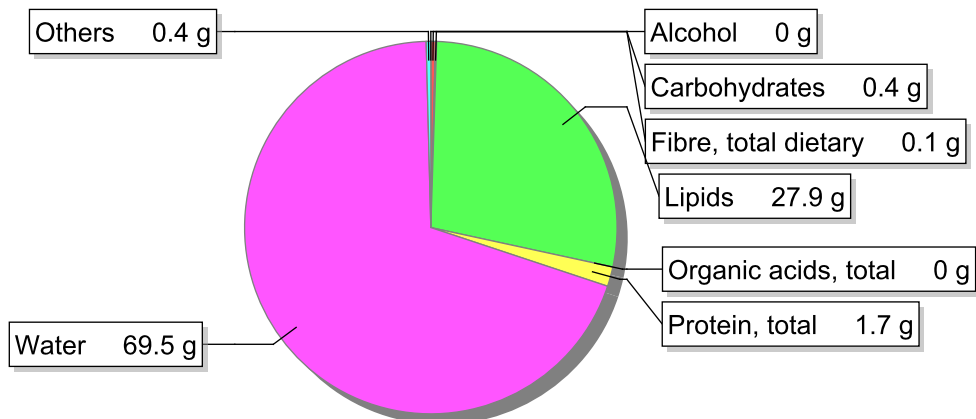


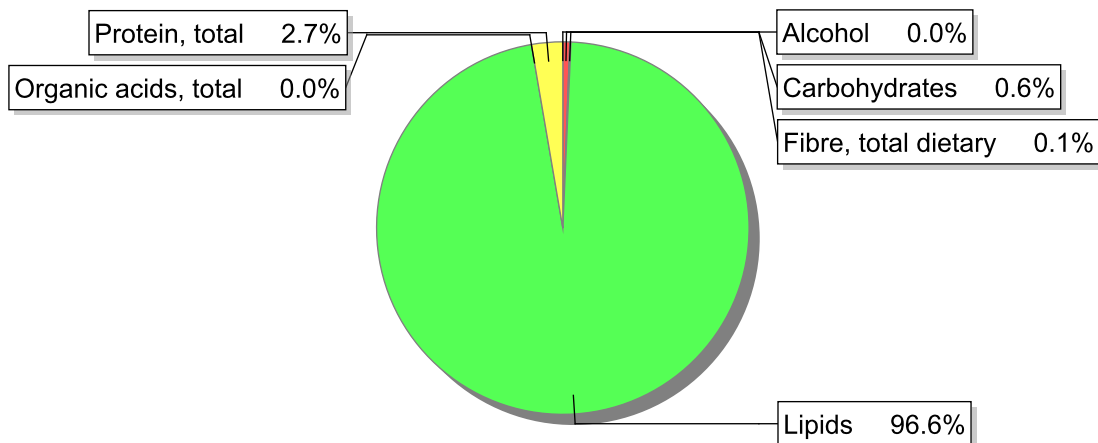
## Food

**Name:** Sauce from beef meat stewed with olive oil and margarine  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Sauces  
**Edible Part:** 100%  
**Code:** IS942  
**FoodEX2 Code:** A16BR

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	260	kcal	
energy kJ, total metabolisable	1070	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	17.2	g	
fatty acids, total polyunsaturated	3.6	g	
fatty acid 18:2 n-6 cis,cis	3.2	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0.1	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	1.7	g	
<b>alcohol</b>	0	g	
<b>water</b>	69.5	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	6	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	50	µg	
<b>carotene, total (vitamin A precursors)</b>	53	µg	
<b>vitamin D</b>	0.1	µg	
<b>alpha-tocopherol</b>	3	mg	
<b>thiamin</b>	0.01	mg	
<b>riboflavin</b>	0.02	mg	
<b>niacin, preformed</b>	0.3	mg	
<b>niacin equivalents, total</b>	0.7	mg	
<b>niacin equivalents from tryptophan</b>	0.4	mg	
<b>vitamin B-6, total</b>	0.03	mg	
<b>vitamin B-12</b>	0.11	µg	
<b>vitamin C</b>	1	mg	
<b>folate, total</b>	1.8	µg	
<b>ash</b>	0.50	g	
<b>sodium</b>	230	mg	
<b>potassium</b>	51	mg	
<b>calcium</b>	5	mg	
<b>phosphorus</b>	23	mg	
<b>magnesium</b>	3	mg	
<b>iron, total</b>	0.2	mg	
<b>zinc</b>	0.5	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References