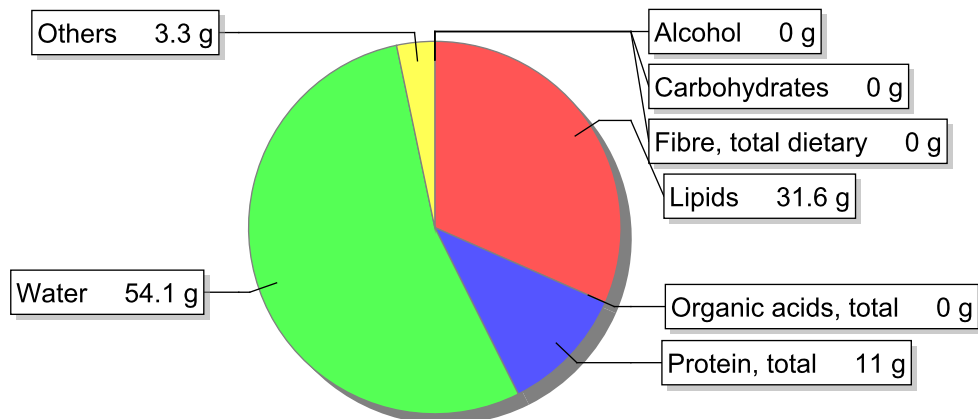


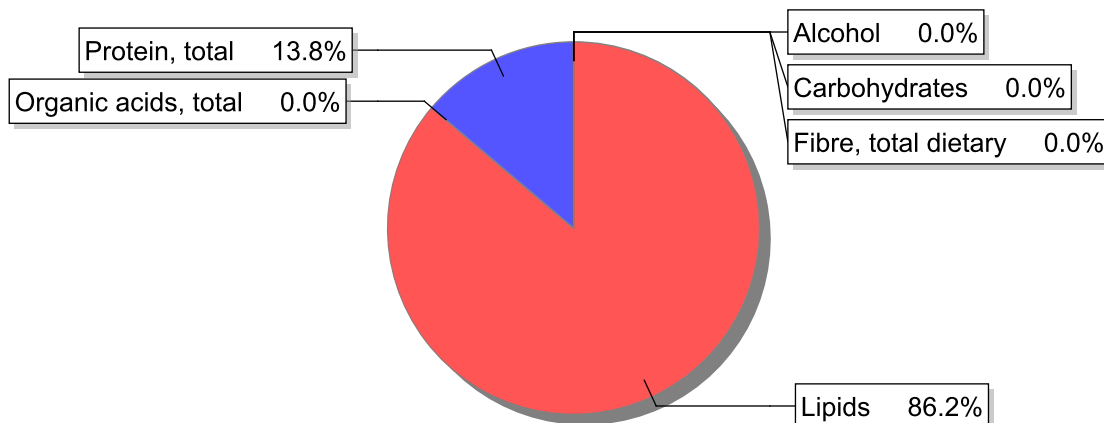
Food

Name: Sausage, blood, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS345
FoodEX2 Code: A025S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	328	kcal	
energy kJ, total metabolisable	1360	kJ	
fatty acids, total saturated	12.3	g	57
fatty acids, total monounsaturated	14.2	g	
fatty acids, total polyunsaturated	2.6	g	
fatty acid 18:2 n-6 cis,cis	2.1	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	2.8	g	
starch, total	0	g	
protein, total	11	g	57
alcohol	0	g	
water	54.1	g	
organic acids, total	0	g	
cholesterol	110	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.9	µg	
alpha-tocopherol	0.15	mg	
thiamin	0.1	mg	
riboflavin	0.1	mg	57
niacin, preformed	1	mg	57
niacin equivalents, total	3.1	mg	
niacin equivalents from tryptophan	2.1	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.3	µg	57
vitamin C	0	mg	57
folate, total	4.6	µg	
ash	3.20	g	
sodium	1100	mg	
potassium	190	mg	
calcium	40	mg	57
phosphorus	70	mg	57
magnesium	18	mg	
iron, total	14	mg	57
zinc	1.2	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB