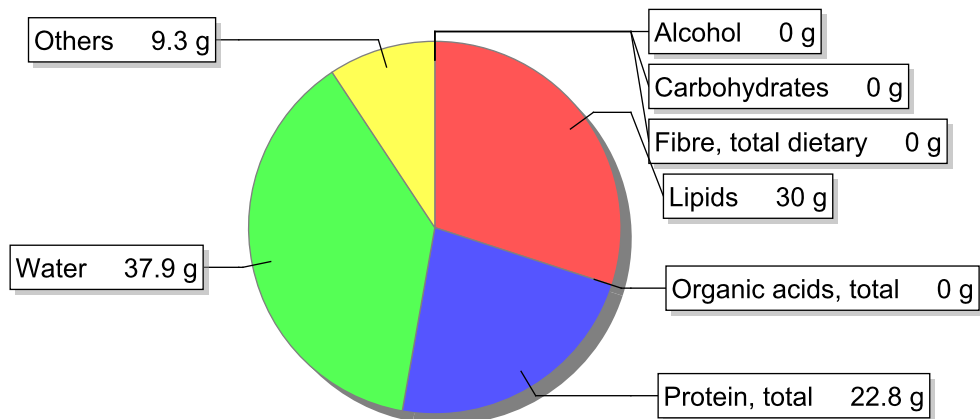


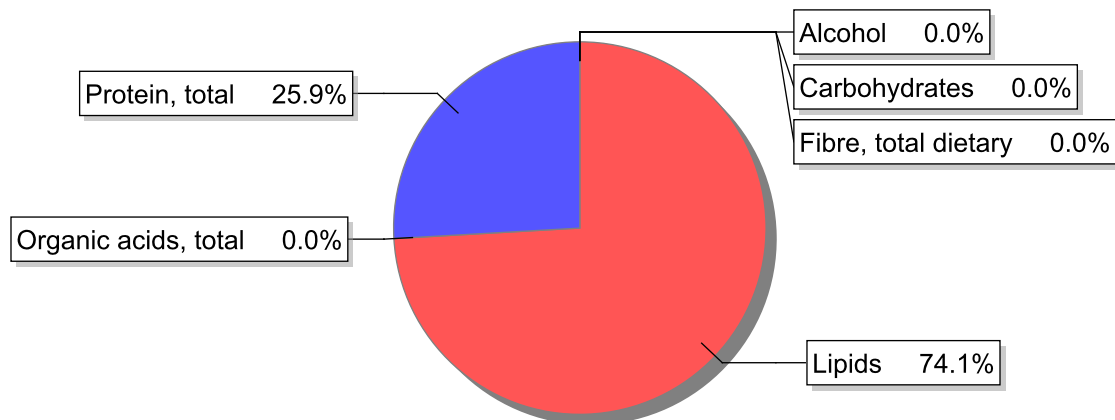
## Food

**Name:** Sausage, "Paio", pork, loin, lean and fat  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Sausages and delicatessen products  
**Edible Part:** 94%  
**Code:** IS354  
**FoodEX2 Code:** A025C

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	361	kcal	
energy kJ, total metabolisable	1500	kJ	
fatty acids, total saturated	13.7	g	
fatty acids, total monounsaturated	15.7	g	
fatty acids, total polyunsaturated	4.6	g	
fatty acid 18:2 n-6 cis,cis	3.9	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	4.4	g	
fibre, total dietary	0	g	57
protein, total	22.8	g	57
alcohol	0	g	
water	37.9	g	
organic acids, total	0	g	
cholesterol	77	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.65	mg	57
riboflavin	0.2	mg	57
niacin, preformed	5	mg	
niacin equivalents, total	9.9	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.4	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	2.6	µg	
ash	9.10	g	
sodium	1770	mg	
potassium	360	mg	
calcium	24	mg	57
phosphorus	270	mg	57
magnesium	16	mg	
iron, total	1.5	mg	57
zinc	3.1	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