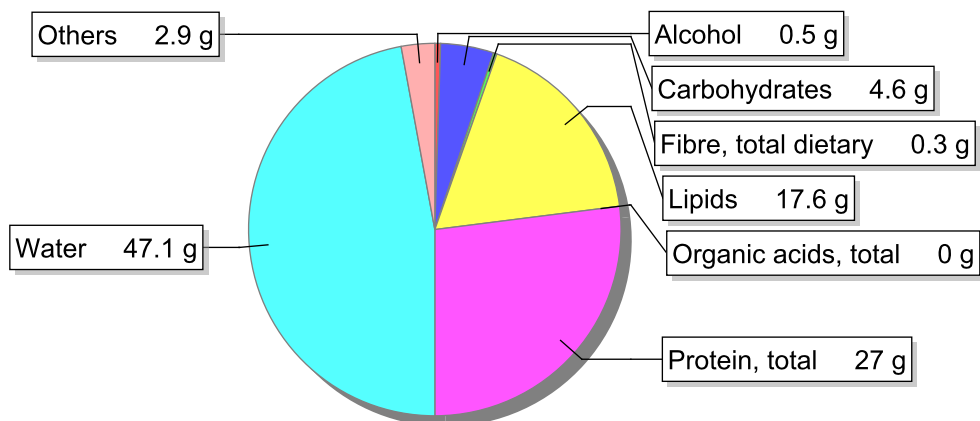


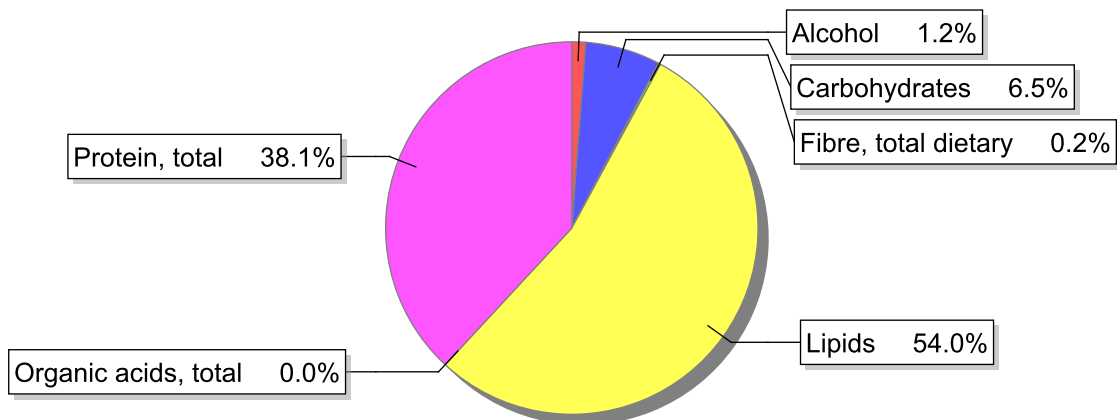
Food

Name: Pâté, poultry, homemade
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS356
FoodEX2 Code: A026M

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	289	kcal	
energy kJ, total metabolisable	1210	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	5.6	g	
fatty acids, total monounsaturated	7.2	g	
fatty acids, total polyunsaturated	2.7	g	
fatty acid 18:2 n-6 cis,cis	2.39	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	0.5	g	
sucrose	0	g	
lactose	0.2	g	
oligosaccharides, available	0	g	
starch, total	4.1	g	
salt	1.9	g	
fibre, total dietary	0.3	g	
protein, total	27	g	
alcohol	0.5	g	
water	47.1	g	
organic acids, total	0	g	
cholesterol	170	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	55	µg	
carotene, total (vitamin A precursors)	5	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.49	mg	
thiamin	0.28	mg	
riboflavin	0.43	mg	
niacin, preformed	5.1	mg	
niacin equivalents, total	11.2	mg	
niacin equivalents from tryptophan	5.51	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	22	µg	
Minerals			
ash	2.79	g	
sodium	750	mg	
potassium	300	mg	
calcium	31	mg	
phosphorus	230	mg	
magnesium	31	mg	
iron, total	2.3	mg	
zinc	2.3	mg	

Legend

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

References