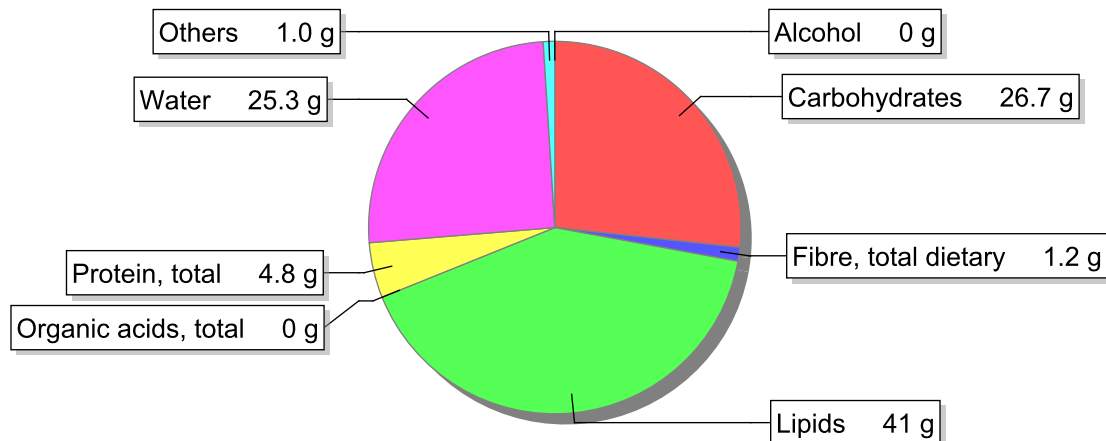


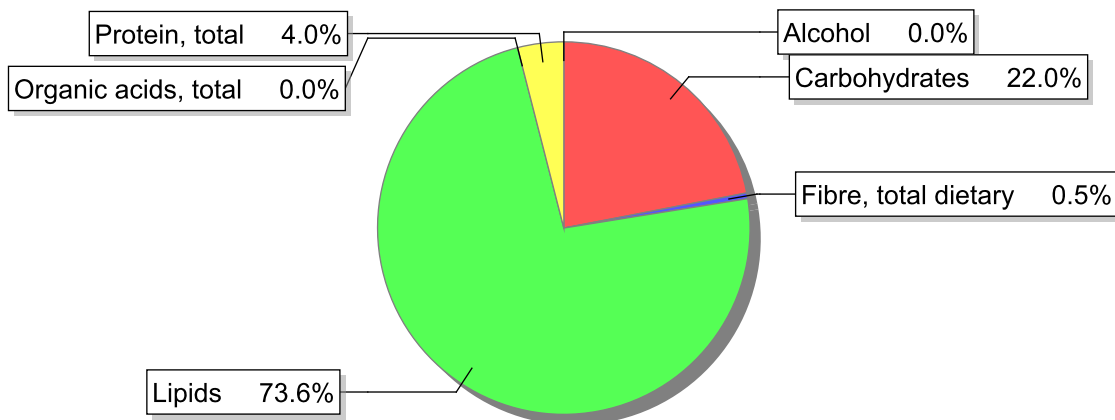
Food

Name: Sausage, "Farinheira", raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS347
FoodEX2 Code: A025H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	497	kcal	
energy kJ, total metabolisable	2060	kJ	
fatty acids, total saturated	14.5	g	
fatty acids, total monounsaturated	16	g	
fatty acids, total polyunsaturated	6.6	g	
fatty acid 18:2 n-6 cis,cis	5.8	g	
fatty acids, total trans	0.1	g	
sugars, total	0.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	2.4	g	
fibre, total dietary	1.2	g	
protein, total	4.8	g	57
alcohol	0	g	
water	25.3	g	
organic acids, total	0	g	
cholesterol	58	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.16	mg	57
riboflavin	0.11	mg	57
niacin, preformed	2	mg	57
niacin equivalents, total	2.8	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.1	µg	
vitamin C	0	mg	
folate, total	6	µg	
ash	2.80	g	
sodium	960	mg	
potassium	140	mg	
calcium	25	mg	57
phosphorus	70	mg	57
magnesium	18	mg	
iron, total	1.6	mg	57
zinc	0.7	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