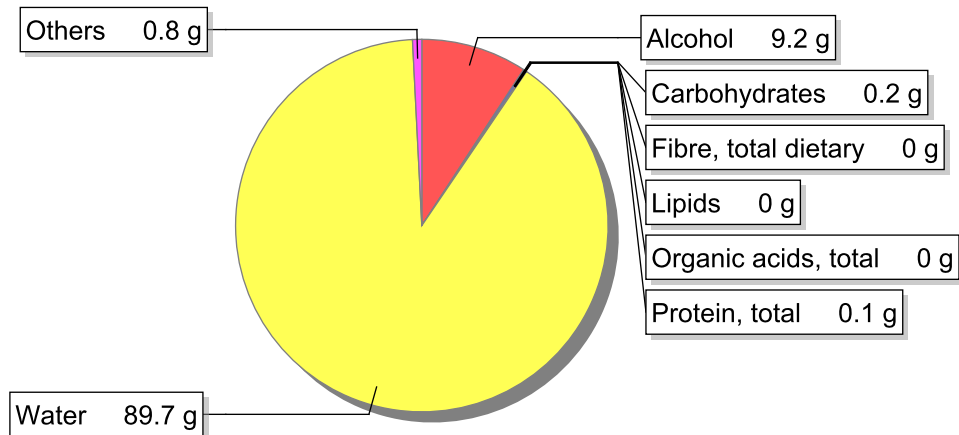


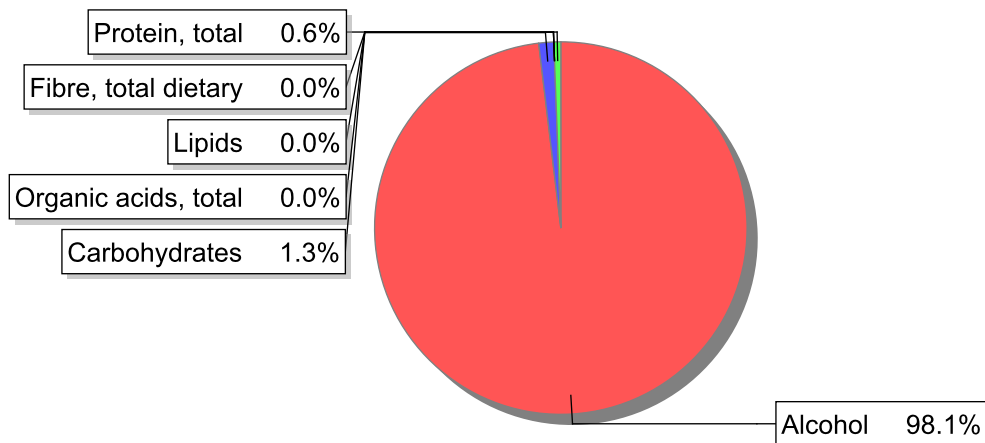
**Food**

**Name:** Wine, red  
**Group:** Drinks  
**Subgroup:** Alcoholic beverages  
**Edible Part:** 100%  
**Code:** IS714  
**FoodEX2 Code:** A03MX

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 66    | kcal |           |
| energy kJ, total metabolisable     | 272   | kJ   |           |
| fatty acids, total saturated       | 0     | g    | 57        |
| fatty acids, total monounsaturated | 0     | g    | 57        |
| fatty acids, total polyunsaturated | 0     | g    | 57        |
| fatty acid 18:2 n-6 cis,cis        | 0     | g    | 57        |
| fatty acids, total trans           | 0     | g    |           |
| sugars, total                      | 0.2   | g    | 57        |
| sucrose                            | 0     | g    |           |

| Name   | Value | Unit | Source(s) |
|--|-------|------|-----------|
| <b>lactose</b>   | 0     | g    |           |
| <b>salt</b>  | 0.0   | g    |           |
| <b>starch, total</b>   | 0     | g    | 57        |
| <b>protein, total</b>  | 0.1   | g    | 57        |
| <b>alcohol</b>   | 9.2   | g    | 57        |
| <b>water</b>   | 89.7  | g    |           |
| <b>organic acids, total</b>  | 0     | g    |           |
| <b>cholesterol</b>   | 0     | mg   | 57        |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 0     | µg   | 57        |
| <b>carotene, total (vitamin A precursors)</b>                          | 0     | µg   | 57        |
| <b>vitamin D</b>   | 0     | µg   | 57        |
| <b>alpha-tocopherol</b>  | 0     | mg   |           |
| <b>thiamin</b>   | 0     | mg   |           |
| <b>riboflavin</b>  | 0.02  | mg   |           |
| <b>niacin, preformed</b>   | 0.1   | mg   |           |
| <b>niacin equivalents, total</b>                                       | 0.1   | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 0     | mg   |           |
| <b>vitamin B-6, total</b>  | 0.03  | mg   |           |
| <b>vitamin B-12</b>  | 0     | µg   | 57        |
| <b>vitamin C</b>   | 0     | mg   | 57        |
| <b>folate, total</b>   | 0     | µg   |           |
| <b>ash</b>   | 0.28  | g    |           |
| <b>sodium</b>  | 9     | mg   | 57        |
| <b>potassium</b>   | 130   | mg   |           |
| <b>calcium</b>   | 15    | mg   | 57        |
| <b>phosphorus</b>  | 9     | mg   | 57        |
| <b>magnesium</b>   | 9     | mg   | 57        |
| <b>iron, total</b>   | 1     | mg   | 57        |
| <b>zinc</b>  | 0.1   | mg   | 57        |

## 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 |