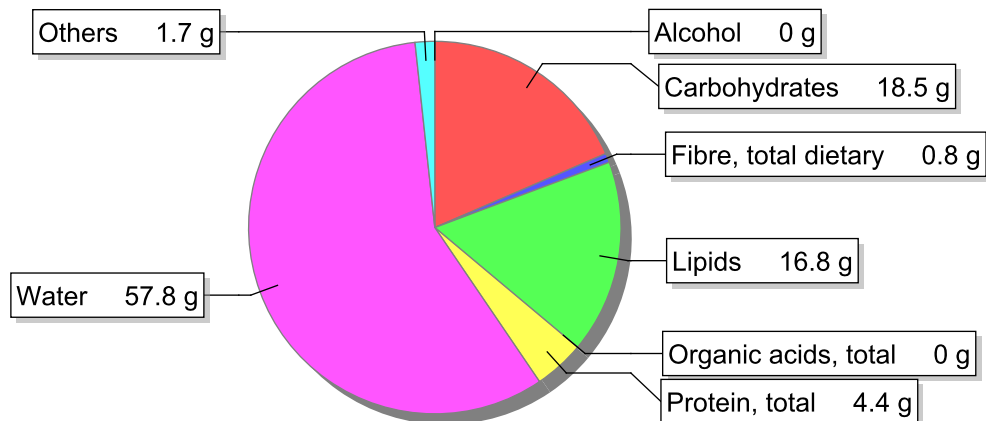


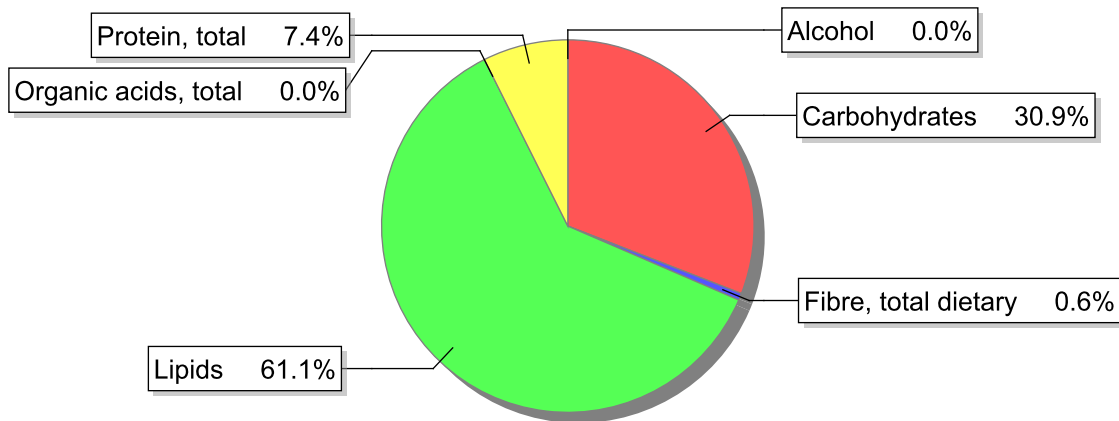
**Food**

**Name:** Sauce, white, made up with margarine  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Sauces  
**Edible Part:** 100%  
**Code:** IS931  
**FoodEX2 Code:** A0F1N

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	244	kcal	
energy kJ, total metabolisable	1020	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	8.8	g	
fatty acids, total monounsaturated	3.7	g	
fatty acids, total polyunsaturated	4.7	g	
fatty acid 18:2 n-6 cis,cis	4.2	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	4.2	g	
sucrose	0.1	g	
lactose	3.7	g	
oligosaccharides, available	0	g	
starch, total	14.3	g	
salt	1.4	g	
fibre, total dietary	0.8	g	
protein, total	4.4	g	
alcohol	0	g	
water	57.8	g	
organic acids, total	0	g	
cholesterol	7	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	140	µg	
carotene, total (vitamin A precursors)	87	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.03	mg	
riboflavin	0.09	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.07	µg	
vitamin C	0	mg	
folate, total	2.3	µg	
<b>Minerals</b>			
ash	1.90	g	
sodium	560	mg	
potassium	160	mg	
calcium	98	mg	
phosphorus	93	mg	
magnesium	14	mg	
iron, total	0.4	mg	
zinc	0.5	mg	

## Legend

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

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## References