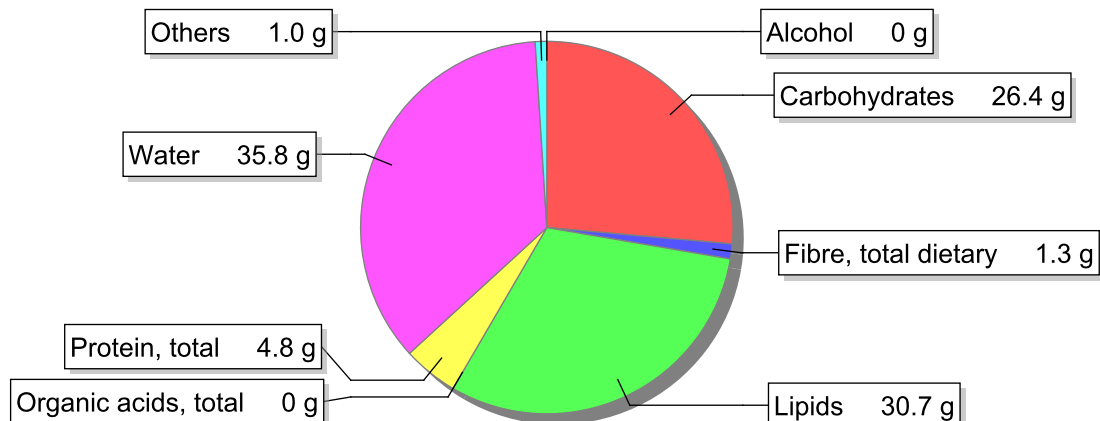


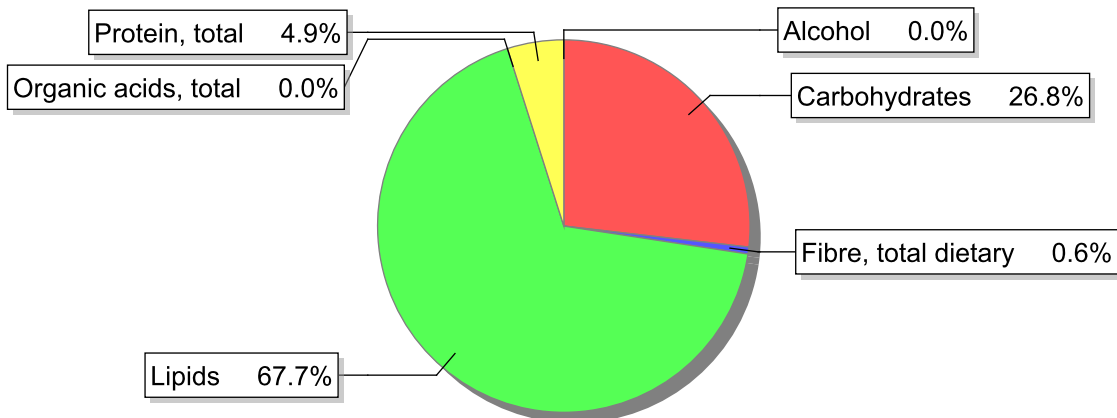
Food

Name: Sausage, "Farinheira", boiled, no salt added
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS348
FoodEX2 Code: A025H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	404	kcal	
energy kJ, total metabolisable	1680	kJ	
fatty acids, total saturated	10.9	g	
fatty acids, total monounsaturated	12	g	
fatty acids, total polyunsaturated	5	g	
fatty acid 18:2 n-6 cis,cis	4.3	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	0.2	g	
starch, total	25.9	g	
protein, total	4.8	g	
alcohol	0	g	
water	35.8	g	
organic acids, total	0	g	
cholesterol	57	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.13	mg	
riboflavin	0.1	mg	
niacin, preformed	1.6	mg	
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.1	µg	
vitamin C	0	mg	
folate, total	4.1	µg	
ash	2.30	g	
sodium	85	mg	
potassium	130	mg	
calcium	26	mg	
phosphorus	69	mg	
magnesium	19	mg	
iron, total	1.7	mg	
zinc	0.7	mg	

Legend

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

References