

Food

Name: Sausage, "Alheira", boiled, no salt added

Group: Meat and meat products, fowl and game meat

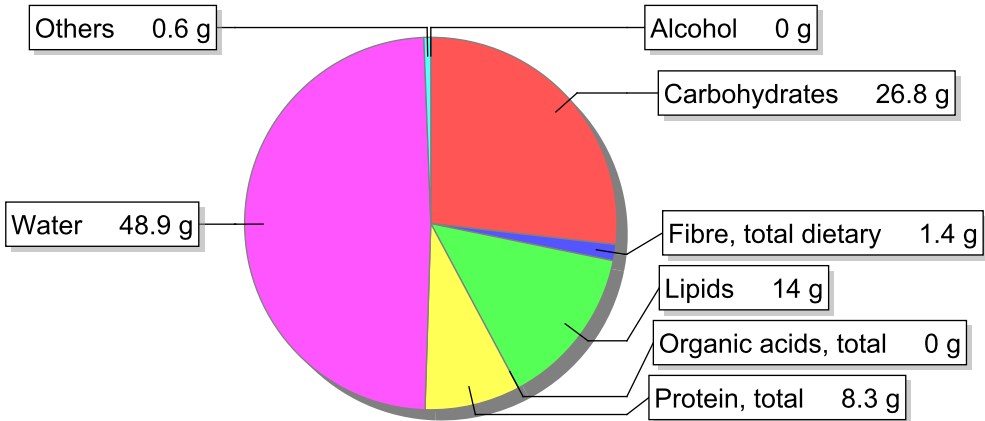
Subgroup: Sausages and delicatessen products

Edible Part: 97%

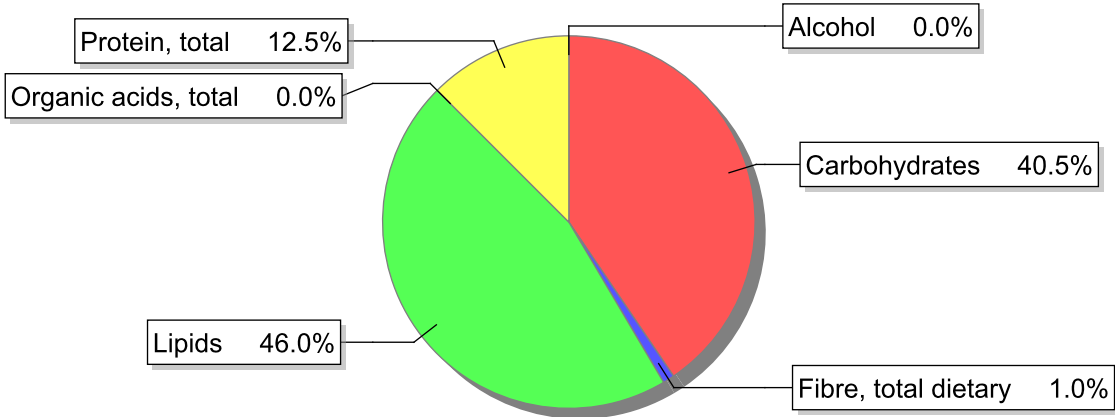
Code: IS339

FoodEX2 Code: A024Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	269	kcal	
energy kJ, total metabolisable	1130	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	3.2	g	
fatty acid 18:2 n-6 cis,cis	2.9	g	
fatty acids, total trans	0	g	
sugars, total	1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.4	g	
protein, total	8.3	g	
alcohol	0	g	
water	48.9	g	
organic acids, total	0	g	
cholesterol	31	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.02	mg	
riboflavin	0.07	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	3.2	mg	
niacin equivalents from tryptophan	1.3	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0.7	µg	
vitamin C	0	mg	
folate, total	0.7	µg	
iodide	13	µg	1138
sodium	590	mg	
potassium	76	mg	
calcium	20	mg	
phosphorus	51	mg	
magnesium	16	mg	
iron, total	0.3	mg	
zinc	1.1	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB