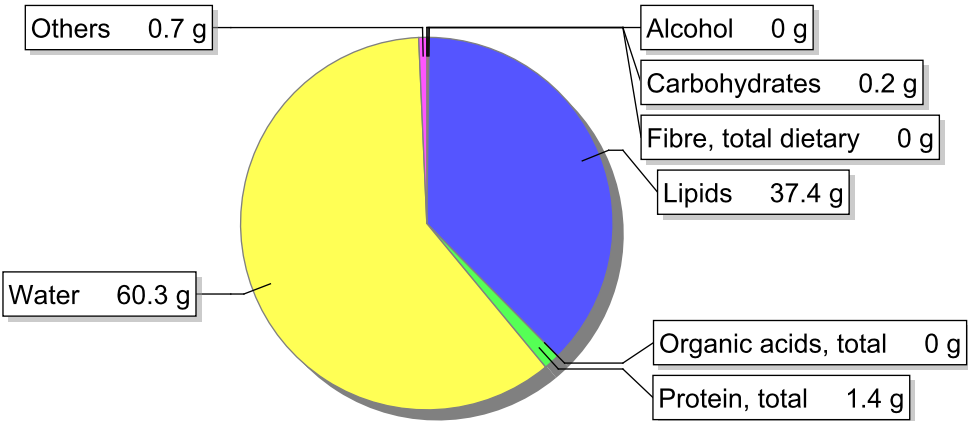


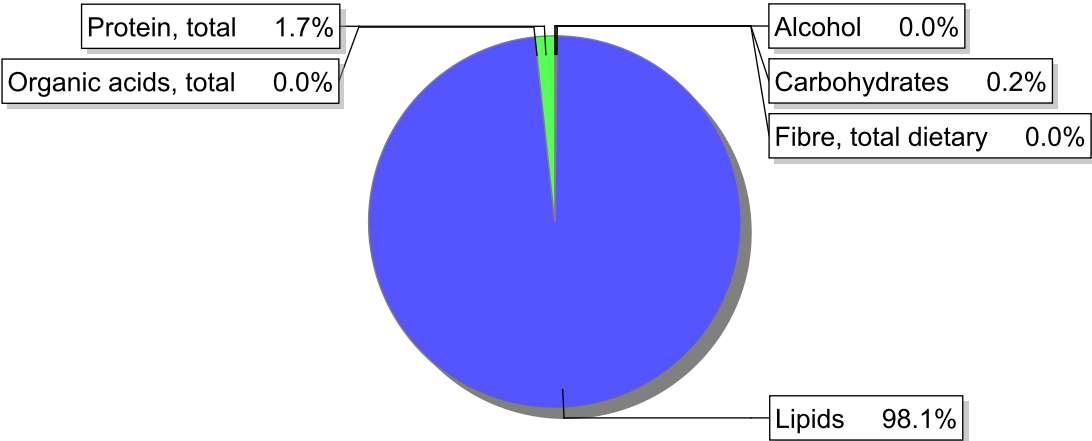
Food

Name: Fat spread, vegetable, 37% fat
Group: Olive oil, oils and fats
Subgroup: Fats
Edible Part: 100%
Code: IS378
FoodEX2 Code: A039E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	343	kcal	
energy kJ, total metabolisable	1410	kJ	
fatty acids, total saturated	10.2	g	
fatty acids, total monounsaturated	9.4	g	
fatty acids, total polyunsaturated	17.3	g	
fatty acid 18:2 n-6 cis,cis	14.7	g	
fatty acids, total trans	0.4	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	1.4	g	
alcohol	0	g	
water	60.3	g	
organic acids, total	0	g	
cholesterol	1	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	600	µg	59
carotene, total (vitamin A precursors)	0	µg	59
vitamin D	5	µg	59
alpha-tocopherol	40	mg	59
thiamin	0	mg	59
riboflavin	0	mg	59
niacin, preformed	0	mg	59
niacin equivalents, total	0	mg	59
niacin equivalents from tryptophan	0	mg	59
vitamin B-6, total	0	mg	59
vitamin B-12	0	µg	59
vitamin C	0	mg	59
folate, total	0	µg	59
ash	2.00	g	
sodium	300	mg	
potassium	22	mg	
calcium	4	mg	
phosphorus	5	mg	
magnesium	2	mg	
iron, total	0.1	mg	
zinc	0.1	mg	

Legend

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

References

Id	Reference
59	“Matérias Gordas para Barrar” (2002). Consumidor, nº 112, p. 23-34.