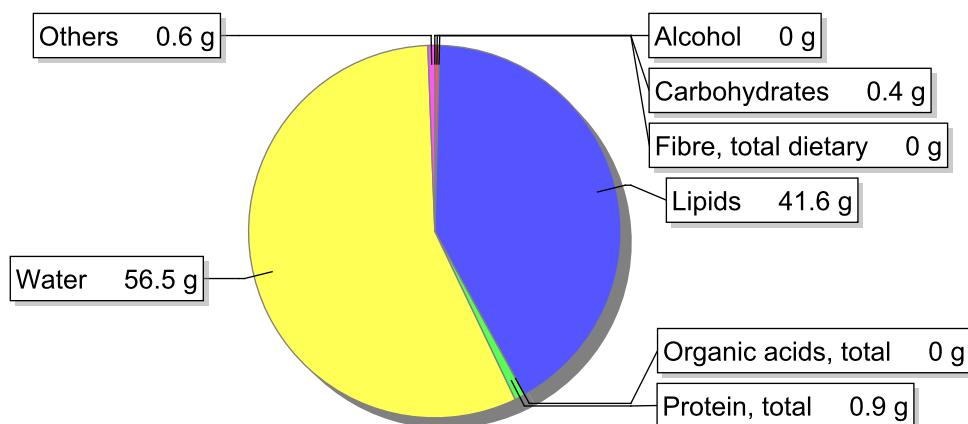


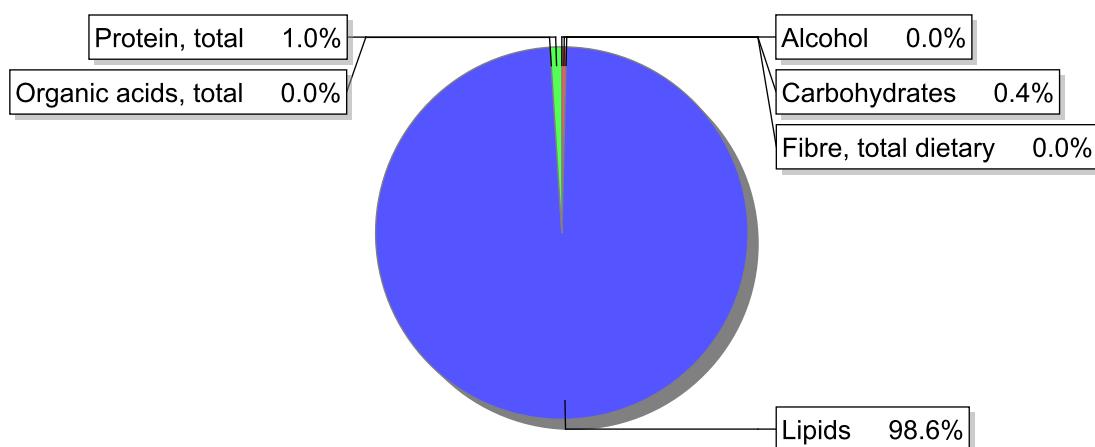
Food

Name: Minarine
Group: Olive oil, oils and fats
Subgroup: Fats
Edible Part: 100%
Code: IS387
FoodEX2 Code: A04SD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	380	kcal	
energy kJ, total metabolisable	1560	kJ	
fatty acids, total saturated	14	g	
fatty acids, total monounsaturated	8.7	g	
fatty acids, total polyunsaturated	17.5	g	
fatty acid 18:2 n-6 cis,cis	15.8	g	
fatty acids, total trans	0.2	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.4	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	0.9	g	
alcohol	0	g	
water	56.5	g	
organic acids, total	0	g	
cholesterol	2	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	750	µg	
carotene, total (vitamin A precursors)	440	µg	
vitamin D	5	µg	
alpha-tocopherol	13	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	0.60	g	
sodium	170	mg	57
potassium	47	mg	57
calcium	3	mg	57
phosphorus	9	mg	57
magnesium	2	mg	57
iron, total	0.2	mg	57
zinc	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