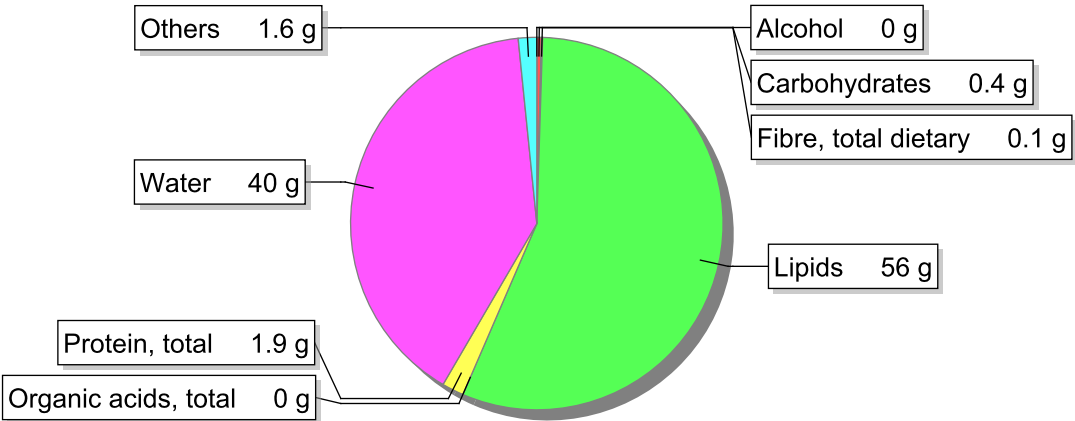


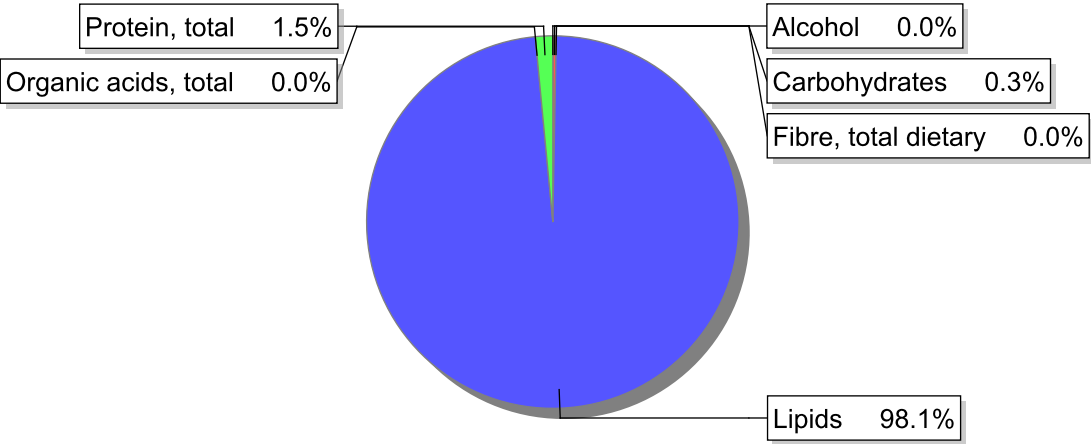
Food

Name: Sauce from beef meat roasted with margarine
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS941
FoodEX2 Code: A16BR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	513	kcal	
energy kJ, total metabolisable	2110	kJ	
fatty acids, total saturated	28	g	
fatty acids, total monounsaturated	12.3	g	
fatty acids, total polyunsaturated	15.4	g	
fatty acid 18:2 n-6 cis,cis	13.8	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.3	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.1	g	
protein, total	1.9	g	
alcohol	0	g	
water	40	g	
organic acids, total	0	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	336	µg	
carotene, total (vitamin A precursors)	224	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0	mg	
thiamin	0.02	mg	
riboflavin	0.02	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0.1	µg	
vitamin C	0	mg	
folate, total	2.4	µg	
ash	2.00	g	
sodium	760	mg	
potassium	49	mg	
calcium	6	mg	
phosphorus	27	mg	
magnesium	4	mg	
iron, total	0.4	mg	
zinc	0.4	mg	

Legend

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

References