

Food

Name: Sauce from beef meat stewed with olive oil and margarine

Group: Soups, sauces and miscellaneous foods

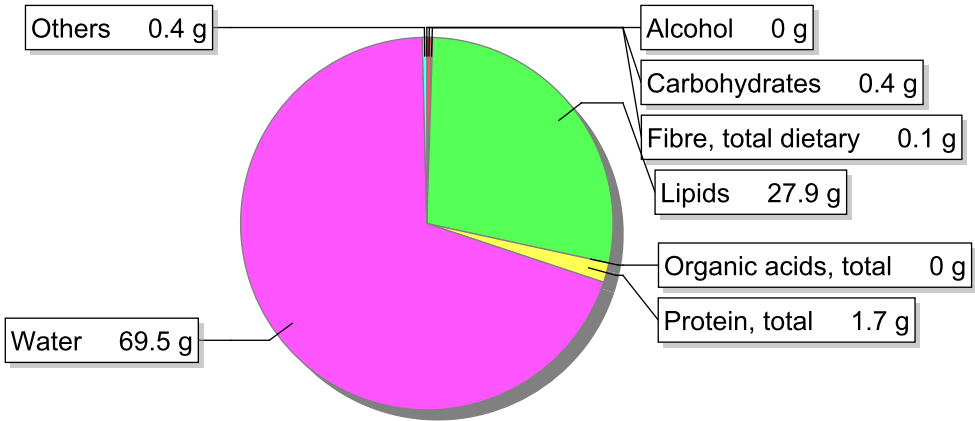
Subgroup: Sauces

Edible Part: 100%

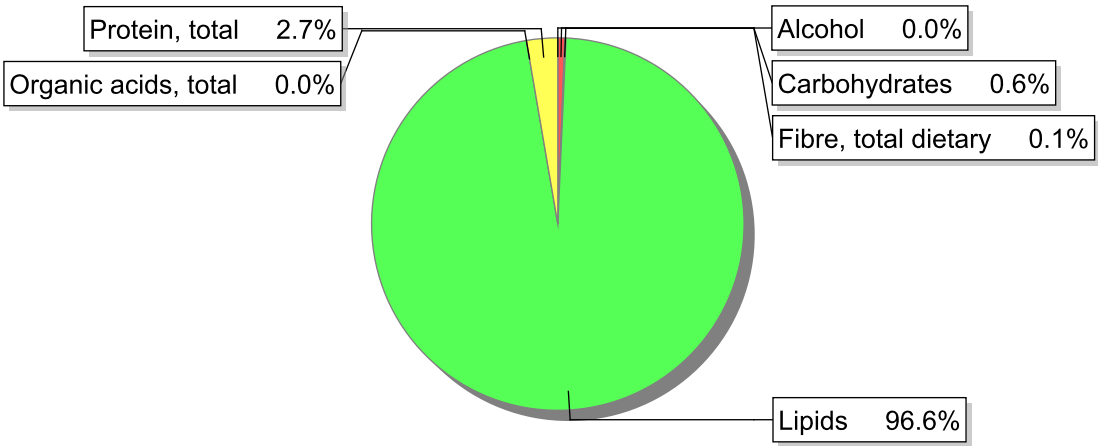
Code: IS942

FoodEX2 Code: A16BR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	260	kcal	
energy kJ, total metabolisable	1070	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	17.2	g	
fatty acids, total polyunsaturated	3.6	g	
fatty acid 18:2 n-6 cis,cis	3.2	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	0.1	g	
protein, total	1.7	g	
alcohol	0	g	
water	69.5	g	
organic acids, total	0	g	
cholesterol	6	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	53	µg	
vitamin D	0.1	µg	
alpha-tocopherol	3	mg	
thiamin	0.01	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	0.11	µg	
vitamin C	1	mg	
folate, total	1.8	µg	
ash	0.50	g	
sodium	230	mg	
potassium	51	mg	
calcium	5	mg	
phosphorus	23	mg	
magnesium	3	mg	
iron, total	0.2	mg	
zinc	0.5	mg	

Legend

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

References