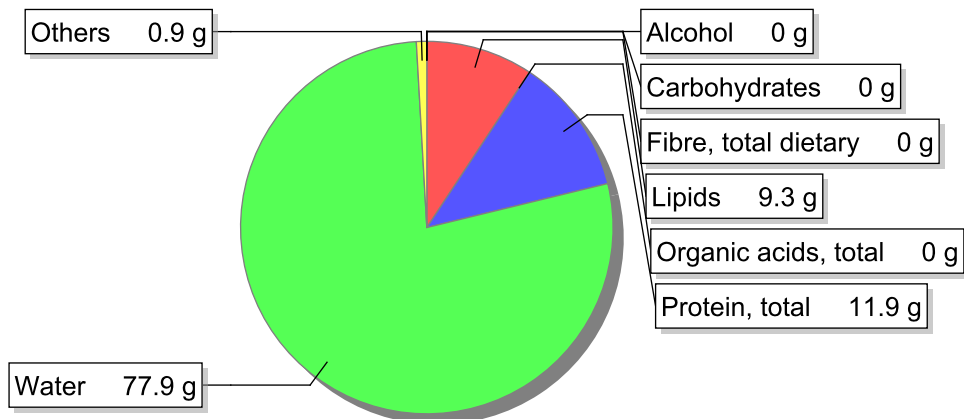


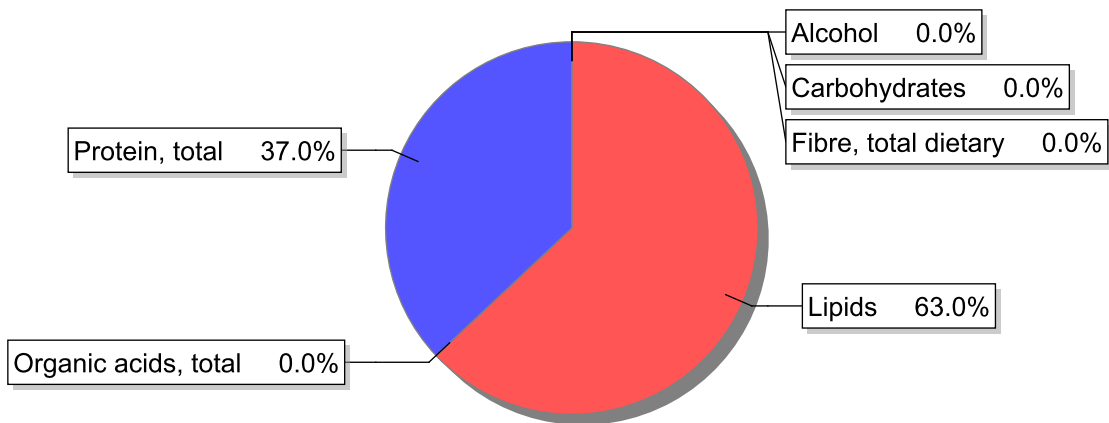
Food

Name: Eggs, chicken, liquid, pasteurised
Group: Eggs
Subgroup:
Edible Part: 100%
Code: IS095
FoodEX2 Code: A031R

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	131	kcal	
energy kJ, total metabolisable	546	kJ	
fatty acids, total saturated	2.3	g	57
fatty acids, total monounsaturated	3.3	g	57
fatty acids, total polyunsaturated	1.8	g	57
fatty acid 18:2 n-6 cis,cis	1.6	g	57
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	11.9	g	57
alcohol	0	g	57
water	77.9	g	57
organic acids, total	0	g	
cholesterol	361	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	168	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.5	µg	
alpha-tocopherol	2	mg	
thiamin	0.06	mg	
riboflavin	0.39	mg	
niacin, preformed	0.04	mg	
niacin equivalents, total	3.5	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	44	µg	
ash	0.83	g	
sodium	120	mg	
potassium	120	mg	
calcium	39	mg	
phosphorus	160	mg	
magnesium	10	mg	
iron, total	1.9	mg	
zinc	1.1	mg	

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