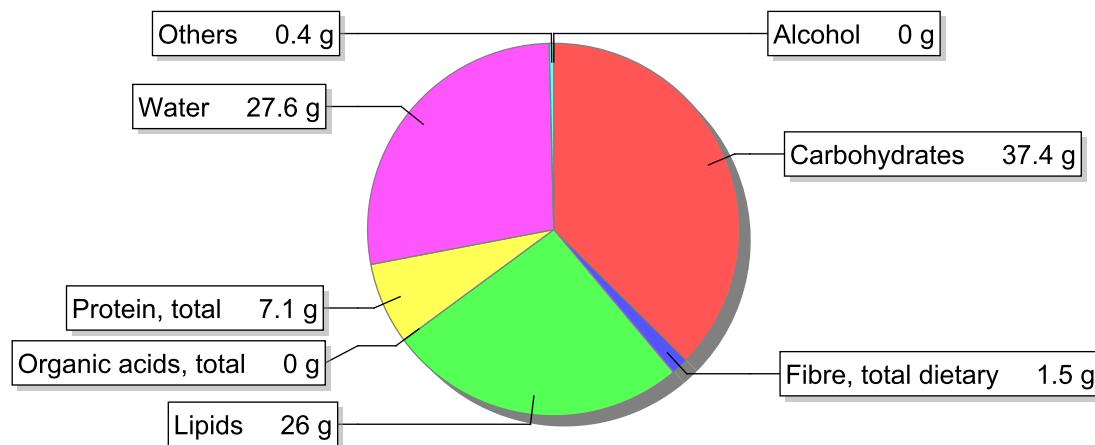


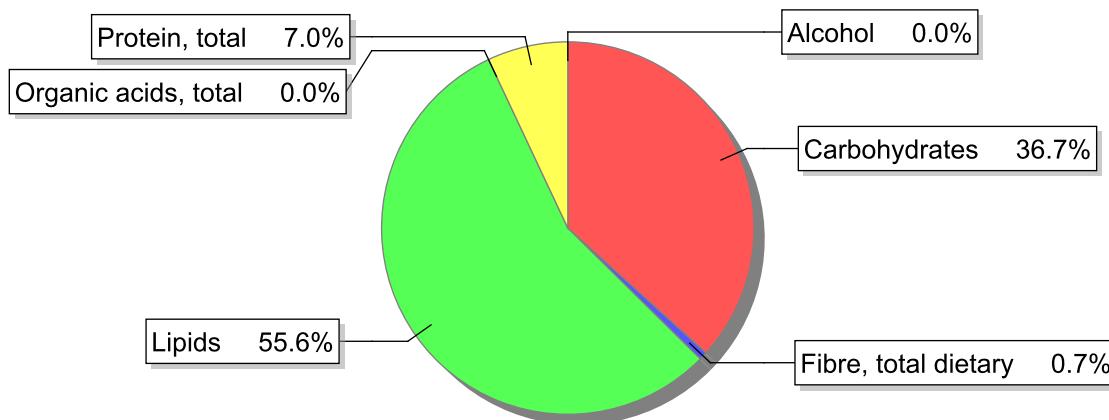
## Food

**Name:** Flaky pastry with meat  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat snacks (light meal)  
**Edible Part:** 100%  
**Code:** IS370  
**FoodEX2 Code:** A040E

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	415	kcal	
energy kJ, total metabolisable	1730	kJ	
fatty acids, total saturated	11.1	g	
fatty acids, total monounsaturated	8.8	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.8	g	
fatty acids, total trans	2.4	g	
sugars, total	2.1	g	
sucrose	1.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	1.5	g	
protein, total	7.1	g	68
alcohol	0	g	
water	27.6	g	
organic acids, total	0	g	
cholesterol	79	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	175	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.17	mg	
riboflavin	0.1	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	2.1	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0.35	µg	
vitamin C	1	mg	
folate, total	12	µg	
ash	1.07	g	
sodium	610	mg	57
potassium	130	mg	
calcium	12	mg	57
phosphorus	72	mg	57
magnesium	23	mg	
iron, total	1.1	mg	57
zinc	0.5	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
68	Mano, ML. Meister, MC; Fontes, MR; Lobo, P (1989) - Composição dos Alimentos Cozinhados. Alguns Produtos Servidos em "Snack-bares". Revista Portuguesa de Nutrição, Vol. 1(4), p. 19-24.