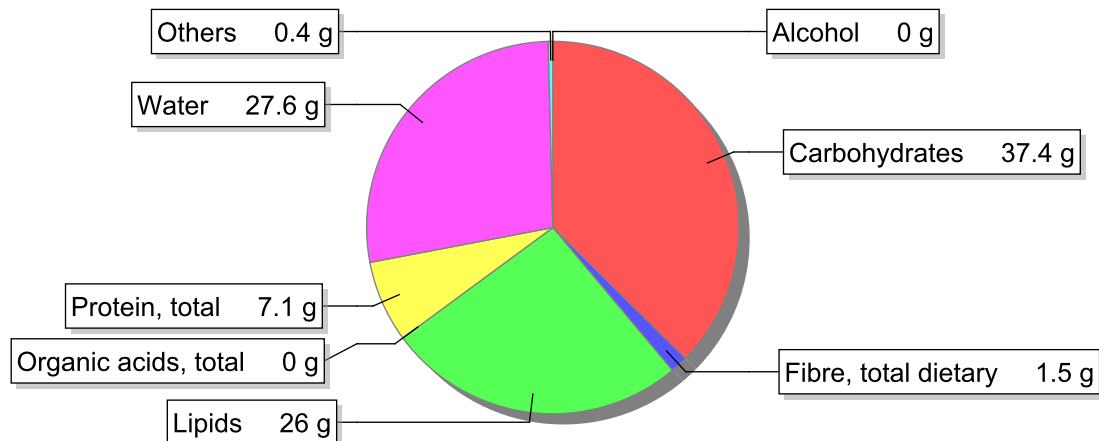


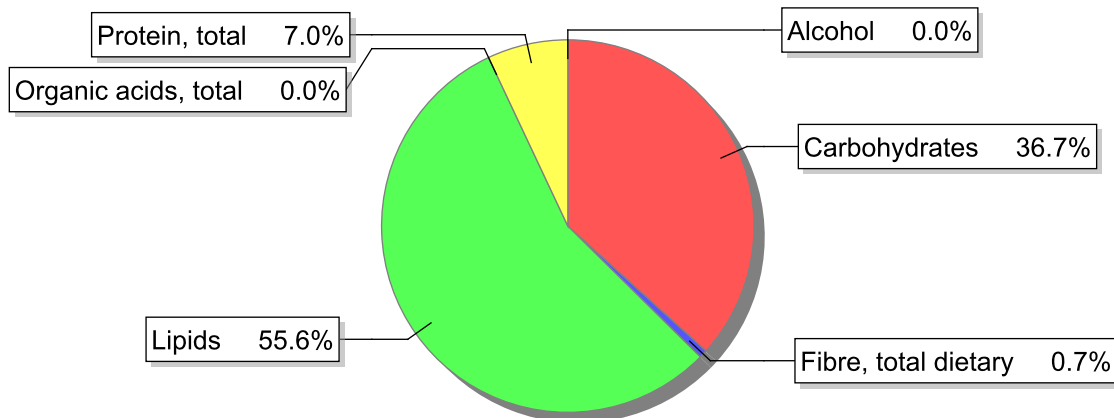
## Food

**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)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0.1	g	
<b>fibre, total dietary</b>	1.5	g	
<b>protein, total</b>	7.1	g	68
<b>alcohol</b>	0	g	
<b>water</b>	27.6	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	79	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	175	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0.1	µg	
<b>alpha-tocopherol</b>	0.3	mg	
<b>thiamin</b>	0.17	mg	
<b>riboflavin</b>	0.1	mg	
<b>niacin, preformed</b>	0.6	mg	
<b>niacin equivalents, total</b>	2.1	mg	
<b>niacin equivalents from tryptophan</b>	1.5	mg	
<b>vitamin B-6, total</b>	0.12	mg	
<b>vitamin B-12</b>	0.35	µg	
<b>vitamin C</b>	1	mg	
<b>folate, total</b>	12	µg	
<b>ash</b>	1.07	g	
<b>sodium</b>	610	mg	57
<b>potassium</b>	130	mg	
<b>calcium</b>	12	mg	57
<b>phosphorus</b>	72	mg	57
<b>magnesium</b>	23	mg	
<b>iron, total</b>	1.1	mg	57
<b>zinc</b>	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.