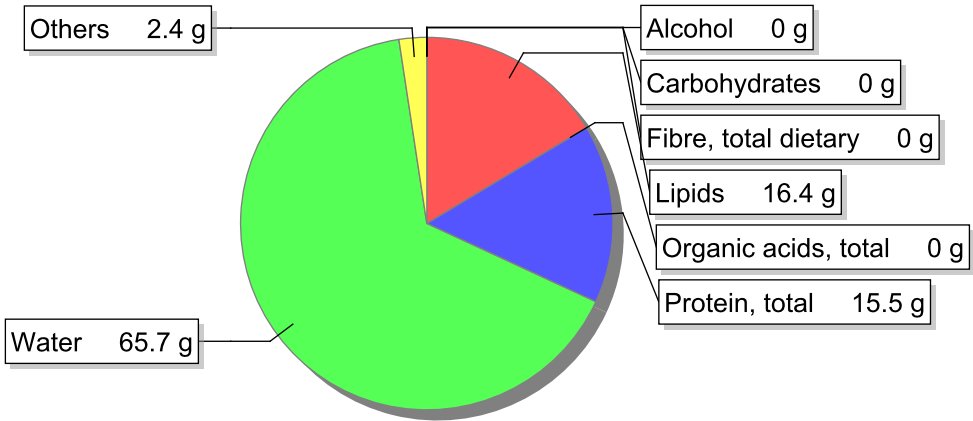


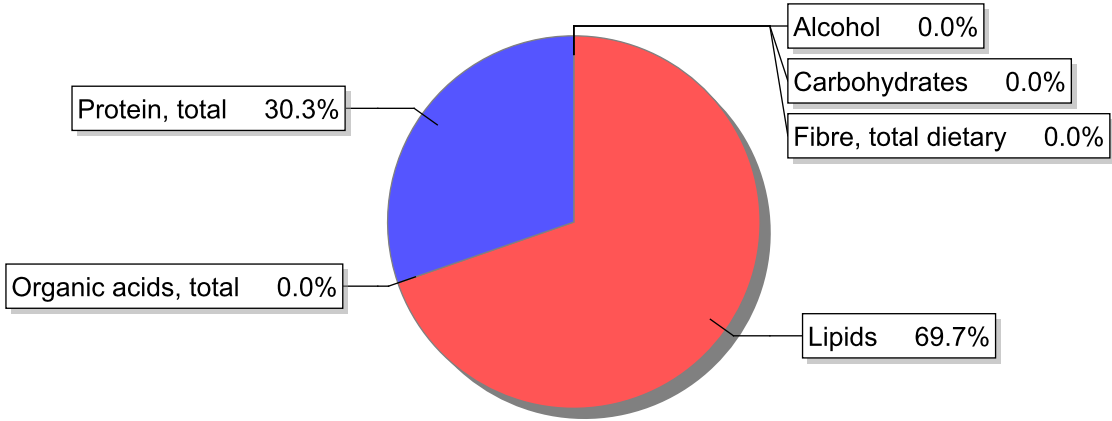
Food

Name: Sausage, french type, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 100%
Code: IS361
FoodEX2 Code: A024G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	210	kcal	
energy kJ, total metabolisable	870	kJ	
fatty acids, total saturated	5.4	g	
fatty acids, total monounsaturated	5.4	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	0.1	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	15.5	g	
alcohol	0	g	
water	65.7	g	
organic acids, total	0	g	
cholesterol	45	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.2	mg	57
riboflavin	0.08	mg	57
niacin, preformed	3	mg	57
niacin equivalents, total	5.4	mg	
niacin equivalents from tryptophan	2.4	mg	
vitamin B-6, total	0.06	mg	57
vitamin B-12	0.9	µg	57
vitamin C	0	mg	
folate, total	1	µg	57
ash	2.40	g	
sodium	700	mg	57
potassium	150	mg	57
calcium	18	mg	57
phosphorus	180	mg	57
magnesium	10	mg	57
iron, total	3.2	mg	57
zinc	1.1	mg	57

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