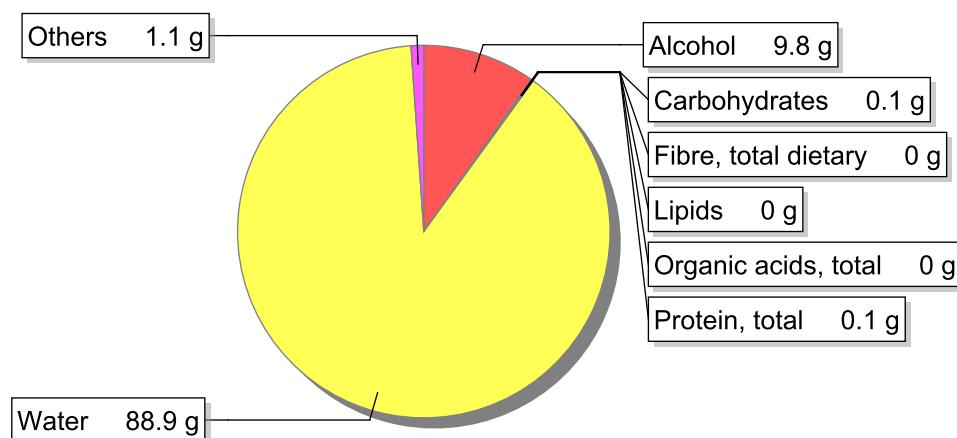


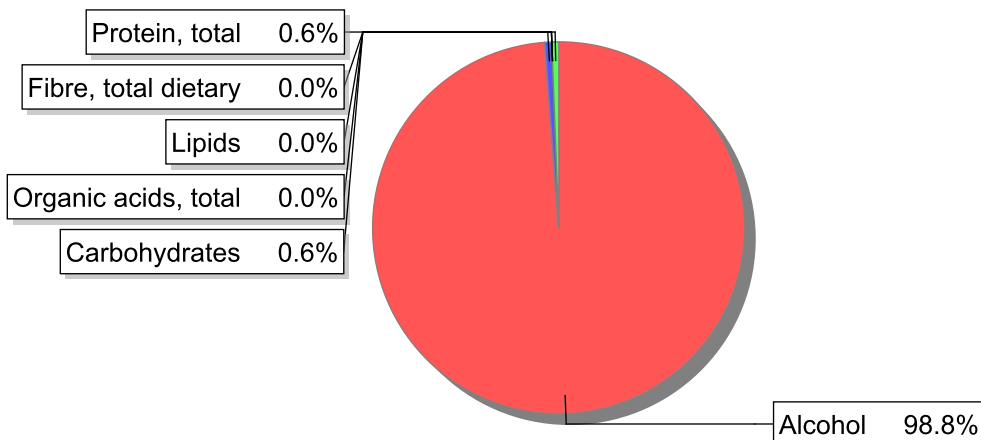
Food

Name: Wine, sparkling, extra "bruto"
Group: Drinks
Subgroup: Alcoholic beverages
Edible Part: 100%
Code: IS718
FoodEX2 Code: A03NA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	69	kcal	
energy kJ, total metabolisable	288	kJ	
fatty acids, total saturated	0	g	57
fatty acids, total monounsaturated	0	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57
fatty acids, total trans	0	g	
sugars, total	0.1	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	0.1	g	57
alcohol	9.8	g	57
water	88.9	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.01	mg	57
riboflavin	0.01	mg	57
niacin, preformed	0.07	mg	12
niacin equivalents, total	0.07	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.02	mg	57
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	0	µg	
ash	0.15	g	
sodium	4	mg	57
potassium	51	mg	58
calcium	10	mg	57
phosphorus	10	mg	57
magnesium	7	mg	57
iron, total	0.7	mg	57
zinc	0	mg	

Legend

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

References

Id	Reference
12	Holland, B; Welch, AA; Unwin, ID; Buss, DH; Paul, AA; Southgate, DAT (Reprinted 1992) - McCance and Widdowson's The Composition of Foods, 5th Revised Edition. MAFF. The Royal Society of Chemistry
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.