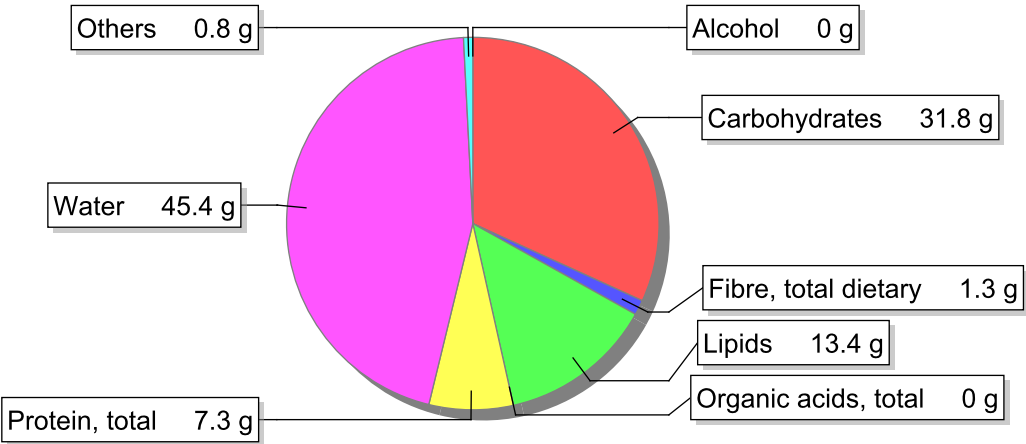


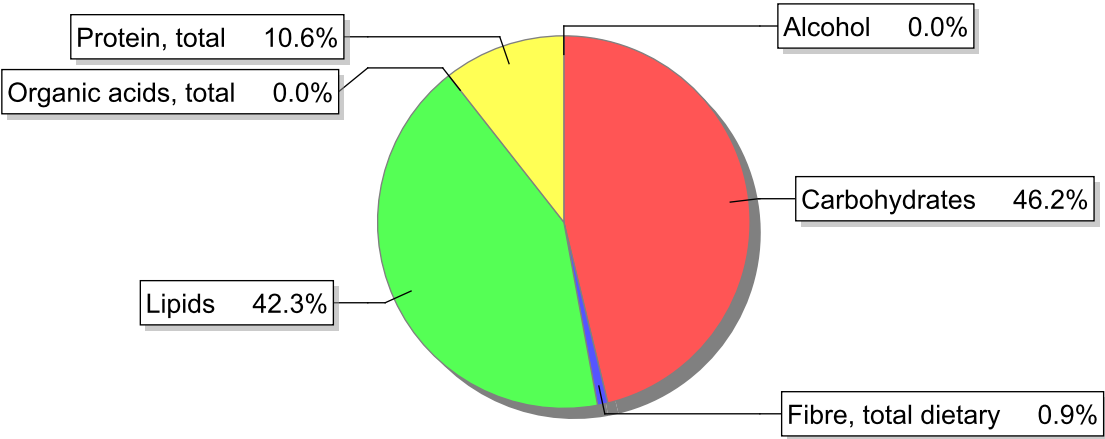
Food

Name: Rissols, meat
Group: Meat and meat products, fowl and game meat
Subgroup: Meat snacks (light meal)
Edible Part: 100%
Code: IS368
FoodEX2 Code: A040E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	280	kcal	
energy kJ, total metabolisable	1170	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	3.9	g	
fatty acids, total polyunsaturated	4.1	g	
fatty acid 18:2 n-6 cis,cis	4.1	g	
fatty acids, total trans	0.2	g	
sugars, total	1.1	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	30.7	g	
protein, total	7.3	g	68
alcohol	0	g	
water	45.4	g	
organic acids, total	0	g	
cholesterol	66	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	29	µg	
carotene, total (vitamin A precursors)	1	µg	
vitamin D	0.2	µg	
alpha-tocopherol	2.4	mg	
thiamin	0.13	mg	
riboflavin	0.09	mg	
niacin, preformed	2.1	mg	
niacin equivalents, total	3.7	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.5	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	1.18	g	
sodium	640	mg	57
potassium	140	mg	
calcium	31	mg	57
phosphorus	98	mg	57
magnesium	21	mg	
iron, total	1	mg	57
zinc	1.2	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.