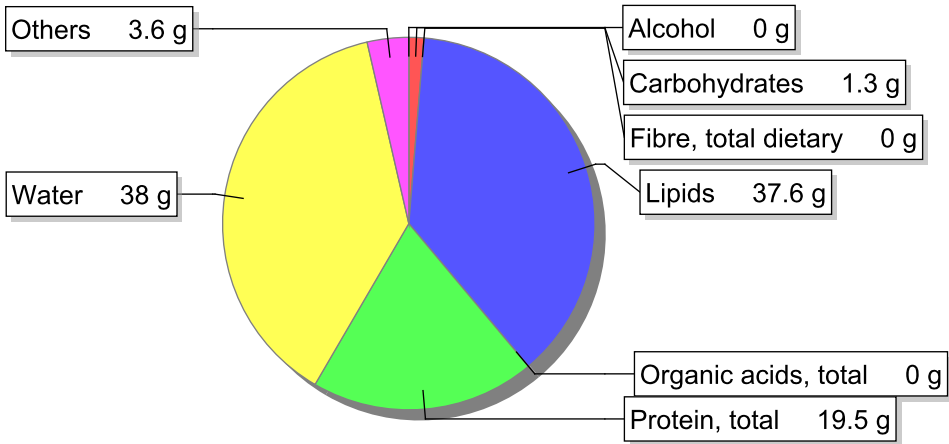


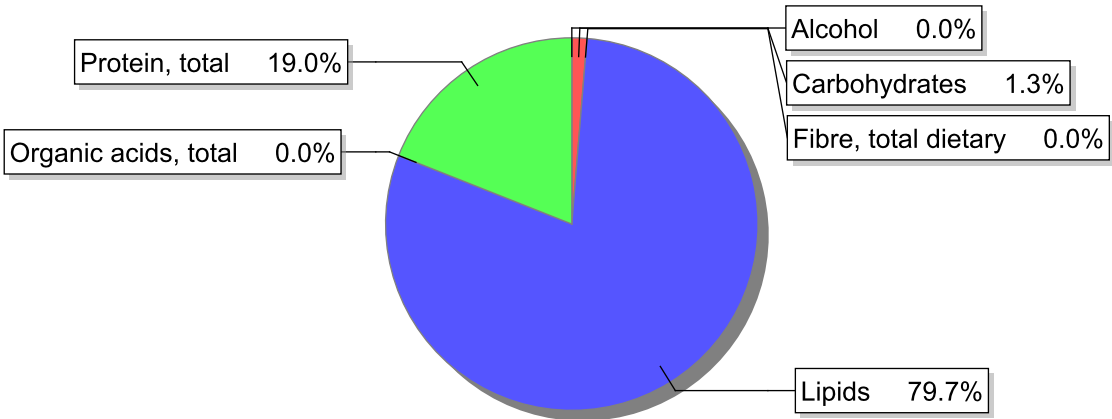
Food

Name: Salami
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 96%
Code: IS359
FoodEX2 Code: A024X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	422	kcal	
energy kJ, total metabolisable	1740	kJ	
fatty acids, total saturated	12.9	g	
fatty acids, total monounsaturated	14.9	g	
fatty acids, total polyunsaturated	4.3	g	
fatty acid 18:2 n-6 cis,cis	3.7	g	57
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	19.5	g	57
alcohol	0	g	
water	38	g	
organic acids, total	0	g	
cholesterol	80	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.7	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.36	mg	57
riboflavin	0.22	mg	57
niacin, preformed	3	mg	57
niacin equivalents, total	6.6	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	5.50	g	58
sodium	2300	mg	57
potassium	140	mg	
calcium	25	mg	57
phosphorus	200	mg	57
magnesium	22	mg	57
iron, total	2.3	mg	57
zinc	4.3	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
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.