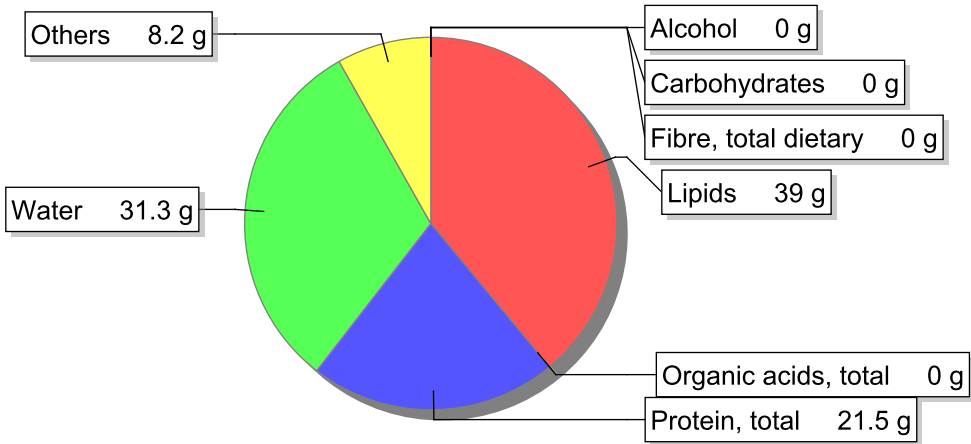


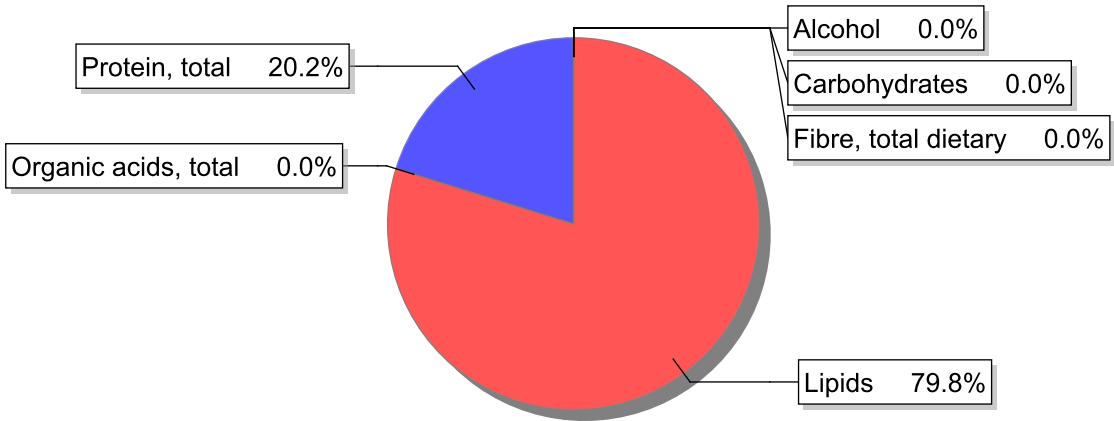
Food

Name: Sausage, "Linguiça"
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS349
FoodEX2 Code: A025D

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	437	kcal	
energy kJ, total metabolisable	1810	kJ	
fatty acids, total saturated	13.4	g	
fatty acids, total monounsaturated	15.4	g	
fatty acids, total polyunsaturated	4.5	g	
fatty acid 18:2 n-6 cis,cis	3.9	g	
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	21.5	g	57
alcohol	0	g	
water	31.3	g	
organic acids, total	0	g	
cholesterol	85	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	
alpha-tocopherol	0.3	mg	
thiamin	0.6	mg	57
riboflavin	0.25	mg	57
niacin, preformed	5	mg	57
niacin equivalents, total	9.6	mg	
niacin equivalents from tryptophan	4.6	mg	
vitamin B-6, total	0.4	mg	
vitamin B-12	1.8	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	8.40	g	
sodium	2910	mg	
potassium	380	mg	
calcium	30	mg	57
phosphorus	200	mg	57
magnesium	22	mg	
iron, total	2	mg	57
zinc	3.2	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