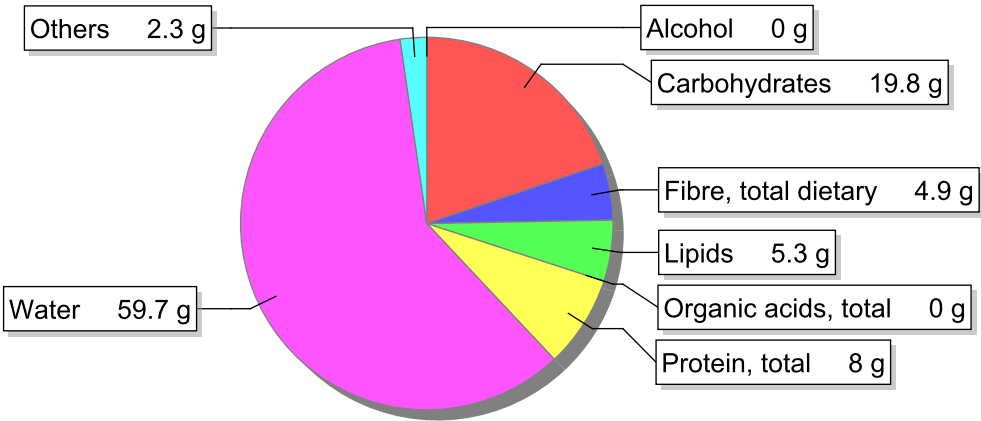


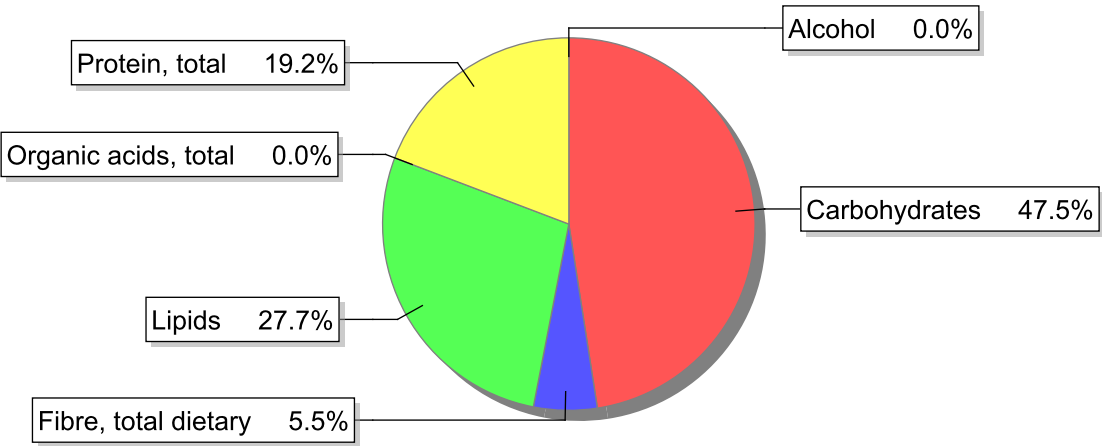
Food

Name: Burger, beans, fried with olive oil
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS291
FoodEX2 Code: A03VM

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	169	kcal	
energy kJ, total metabolisable	708	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.631	g	
fatty acids, total trans	0.0	g	
sugars, total	1.2	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.1	g	
fibre, total dietary	4.9	g	
protein, total	8	g	
alcohol	0	g	
water	59.7	g	
organic acids, total	0	g	
cholesterol	47	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	41	µg	
carotene, total (vitamin A precursors)	113	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.89	mg	
thiamin	0.11	mg	
riboflavin	0.11	mg	
niacin, preformed	0.74	mg	
niacin equivalents, total	2.28	mg	
niacin equivalents from tryptophan	1.49	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0.11	µg	
vitamin C	6.9	mg	
folate, total	30	µg	
ash	2.27	g	
sodium	440	mg	
potassium	340	mg	
calcium	54	mg	
phosphorus	150	mg	
magnesium	42	mg	
iron, total	2.5	mg	
zinc	1	mg	

Legend

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

References