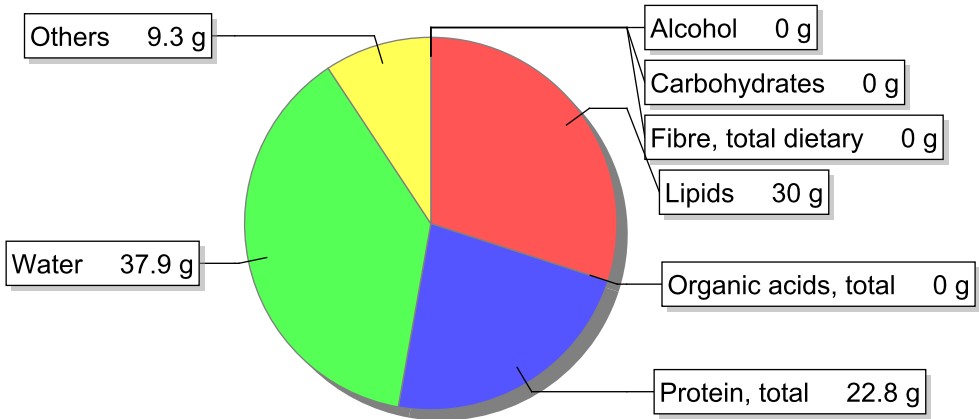


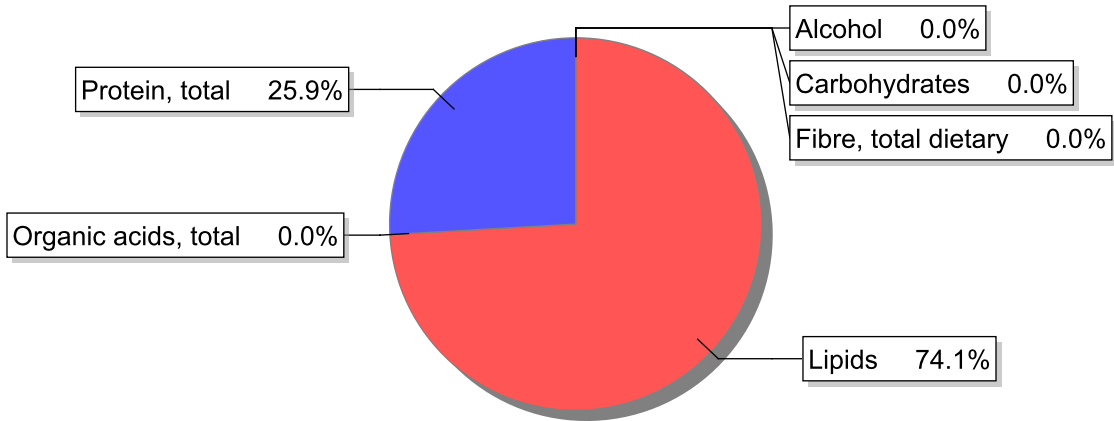
Food

Name: Sausage, "Paio", pork, loin, lean and fat
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS354
FoodEX2 Code: A025C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	361	kcal	
energy kJ, total metabolisable	1500	kJ	
fatty acids, total saturated	13.7	g	
fatty acids, total monounsaturated	15.7	g	
fatty acids, total polyunsaturated	4.6	g	
fatty acid 18:2 n-6 cis,cis	3.9	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	22.8	g	57
alcohol	0	g	
water	37.9	g	
organic acids, total	0	g	
cholesterol	77	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	0.2	mg	
thiamin	0.65	mg	57
riboflavin	0.2	mg	57
niacin, preformed	5	mg	
niacin equivalents, total	9.9	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.4	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	2.6	µg	
iodide	13	µg	1138
sodium	1770	mg	
potassium	360	mg	
calcium	24	mg	57
phosphorus	270	mg	57
magnesium	16	mg	
iron, total	1.5	mg	57
zinc	3.1	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
1138	TDS_iodo_2016_INSA_LAB