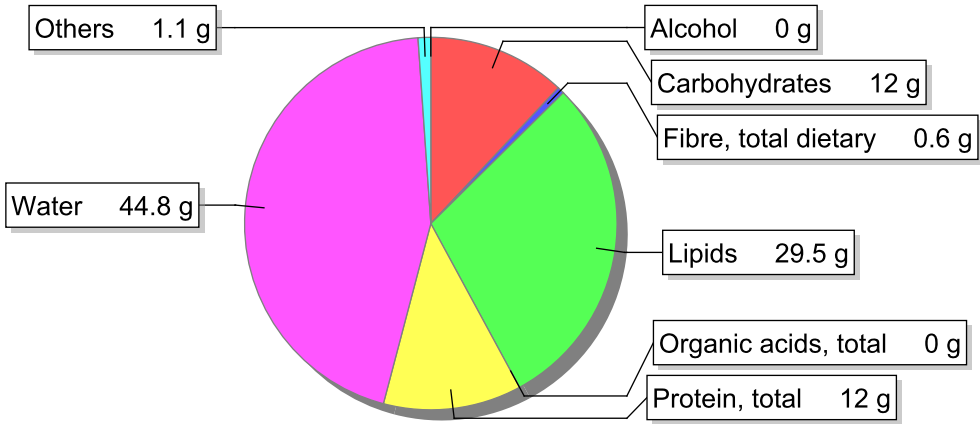


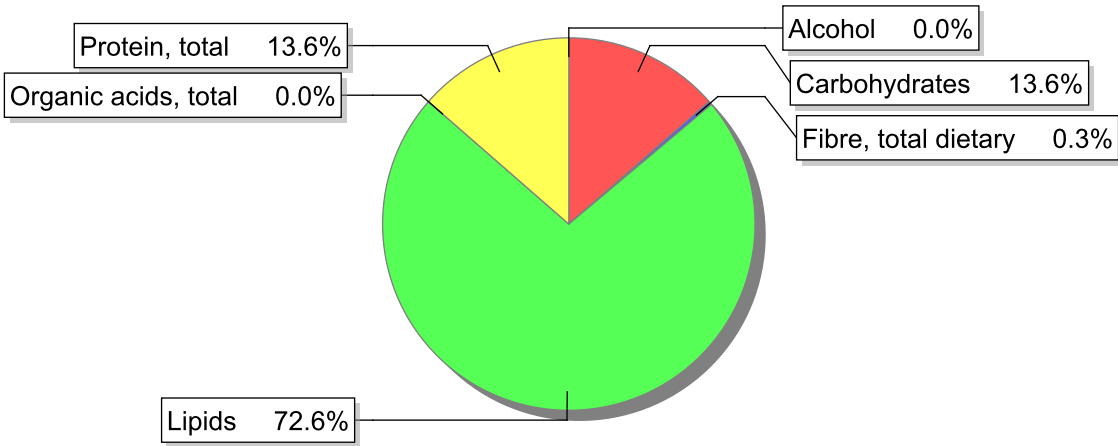
Food

Name: Sausage, morsel, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS350
FoodEX2 Code: A025S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	363	kcal	
energy kJ, total metabolisable	1500	kJ	
fatty acids, total saturated	9.7	g	
fatty acids, total monounsaturated	11.3	g	
fatty acids, total polyunsaturated	3.8	g	
fatty acid 18:2 n-6 cis,cis	3.3	g	
fatty acids, total trans	0.1	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.6	g	
protein, total	12	g	57
alcohol	0	g	
water	44.8	g	
organic acids, total	0	g	
cholesterol	106	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.9	µg	
alpha-tocopherol	0.15	mg	
thiamin	0.18	mg	57
riboflavin	0.08	mg	57
niacin, preformed	1.6	mg	57
niacin equivalents, total	3.5	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	4.6	µg	
ash	2.00	g	
sodium	510	mg	
potassium	190	mg	
calcium	24	mg	57
phosphorus	95	mg	57
magnesium	18	mg	
iron, total	10	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