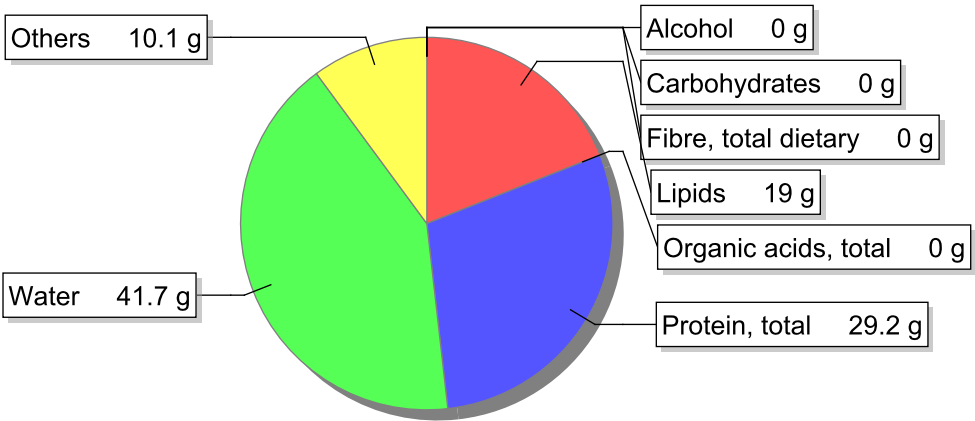


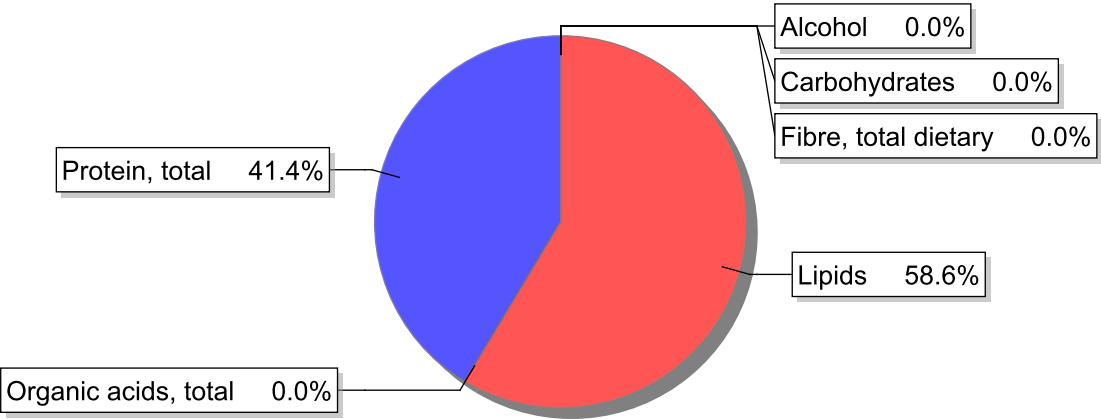
Food

Name: Sausage, "Paio", pork, loin
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS353
FoodEX2 Code: A025C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	288	kcal	
energy kJ, total metabolisable	1200	kJ	
fatty acids, total saturated	6.5	g	
fatty acids, total monounsaturated	7.5	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	1.9	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	
fibre, total dietary	0	g	57
protein, total	29.2	g	
alcohol	0	g	
water	41.7	g	
organic acids, total	0	g	
cholesterol	65	mg	
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	0.7	mg	
riboflavin	0.2	mg	
niacin, preformed	5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	6.2	mg	
vitamin B-6, total	0.48	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	10.0	g	
sodium	3510	mg	
potassium	320	mg	
calcium	25	mg	
phosphorus	260	mg	
magnesium	25	mg	
iron, total	1	mg	
zinc	3.8	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
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