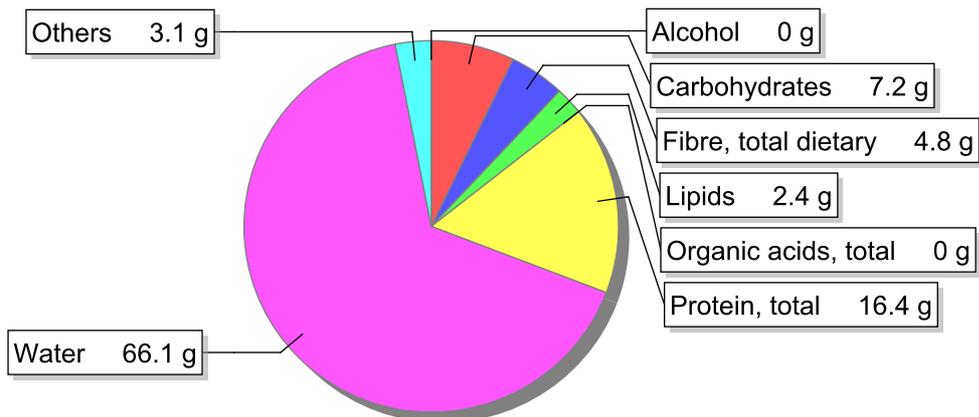


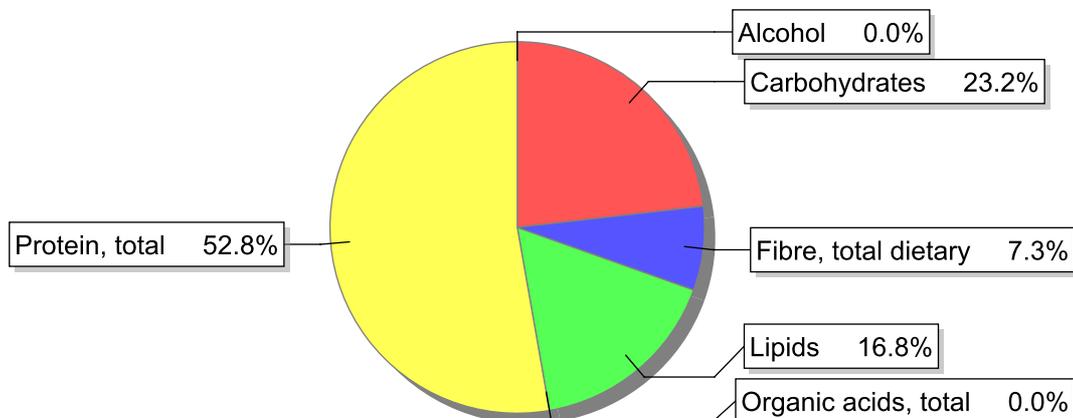
Food

Name: Lupine, boiled and salted
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 76%
Code: IS548
FoodEX2 Code: A012N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	126	kcal	
energy kJ, total metabolisable	528	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	0.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	6.7	g	
protein, total	16.4	g	
alcohol	0	g	
water	66.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.1	mg	57
riboflavin	0.01	mg	57
niacin, preformed	0.5	mg	
niacin equivalents, total	2.7	mg	
niacin equivalents from tryptophan	2.2	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	110	µg	
iodide	0.3	µg	1140
sodium	910	mg	
potassium	250	mg	
calcium	45	mg	57
phosphorus	100	mg	57
magnesium	54	mg	
iron, total	5.5	mg	57
zinc	1.5	mg	57

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
1140	TDS_Iodo_INSA_LAB_2