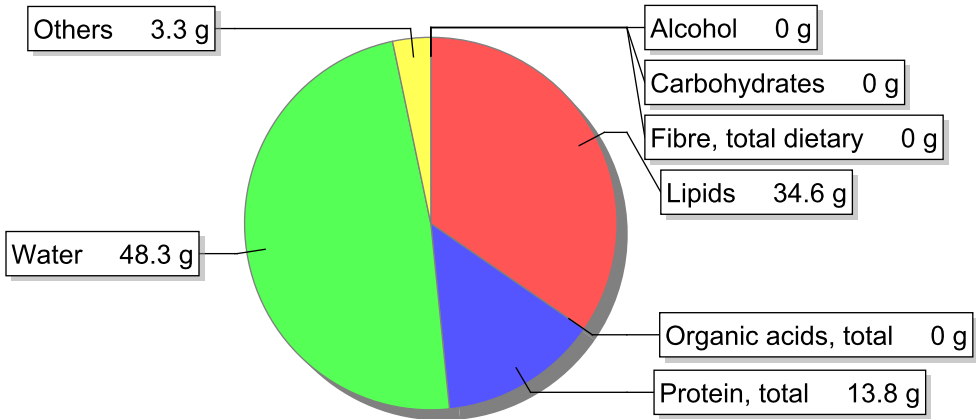


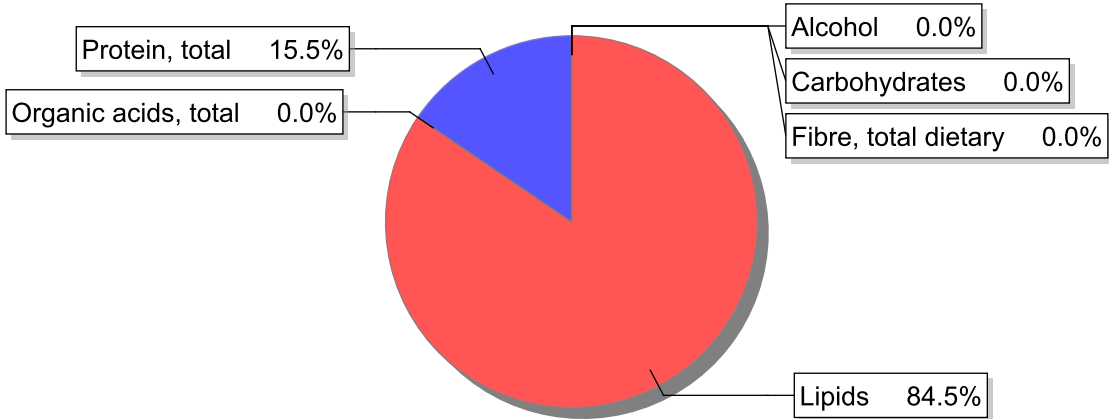
Food

Name: Bacon
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 93%
Code: IS311
FoodEX2 Code: A022X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	367	kcal	
energy kJ, total metabolisable	1510	kJ	
fatty acids, total saturated	11.9	g	
fatty acids, total monounsaturated	11.6	g	
fatty acids, total polyunsaturated	5.6	g	
fatty acid 18:2 n-6 cis,cis	4.8	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	13.8	g	
alcohol	0	g	
water	48.3	g	
organic acids, total	0	g	
cholesterol	67	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	0.08	mg	
thiamin	0.54	mg	
riboflavin	0.15	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	2.2	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	2	µg	
ash	2.80	g	
sodium	1190	mg	
potassium	230	mg	
calcium	7	mg	
phosphorus	140	mg	
magnesium	18	mg	
iron, total	0.7	mg	
zinc	1.3	mg	

Legend

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

References