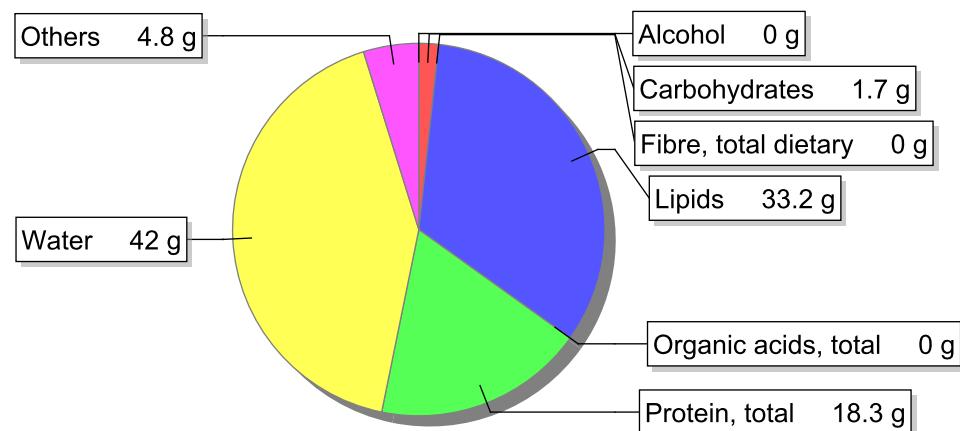


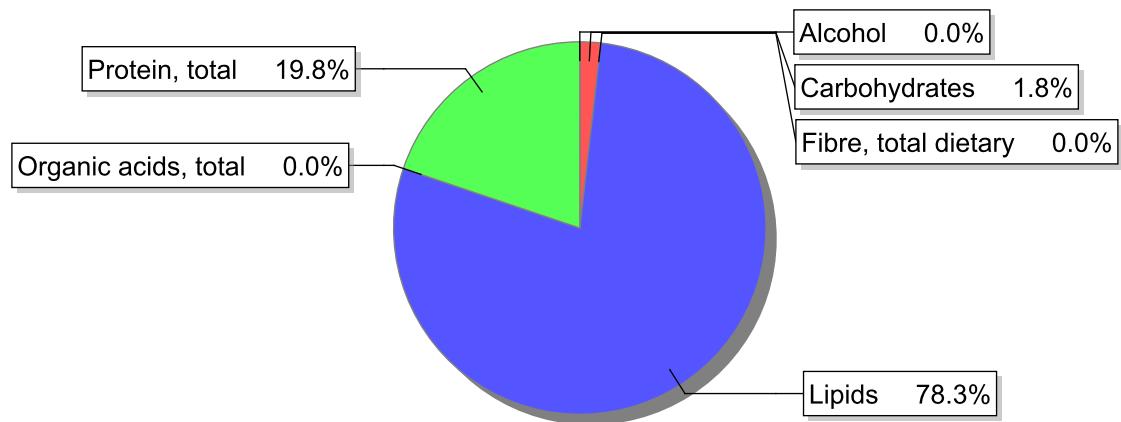
## Food

**Name:** Sausage "Mortadela"  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Sausages and delicatessen products  
**Edible Part:** 99%  
**Code:** IS352  
**FoodEX2 Code:** A025Q

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	379	kcal	
energy kJ, total metabolisable	1570	kJ	
fatty acids, total saturated	12.4	g	
fatty acids, total monounsaturated	15.2	g	
fatty acids, total polyunsaturated	3.4	g	
fatty acid 18:2 n-6 cis,cis	3.0	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	
starch, total	1.7	g	
protein, total	18.3	g	57
alcohol	0	g	
water	42	g	
organic acids, total	0	g	
cholesterol	60	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	57
alpha-tocopherol	0.06	mg	
thiamin	0.12	mg	
riboflavin	0.16	mg	57
niacin, preformed	4	mg	
niacin equivalents, total	7.4	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.15	mg	57
vitamin B-12	1.4	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	3.90	g	
sodium	1540	mg	57
potassium	200	mg	57
calcium	21	mg	57
phosphorus	180	mg	57
magnesium	14	mg	57
iron, total	2.2	mg	57
zinc	2.6	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