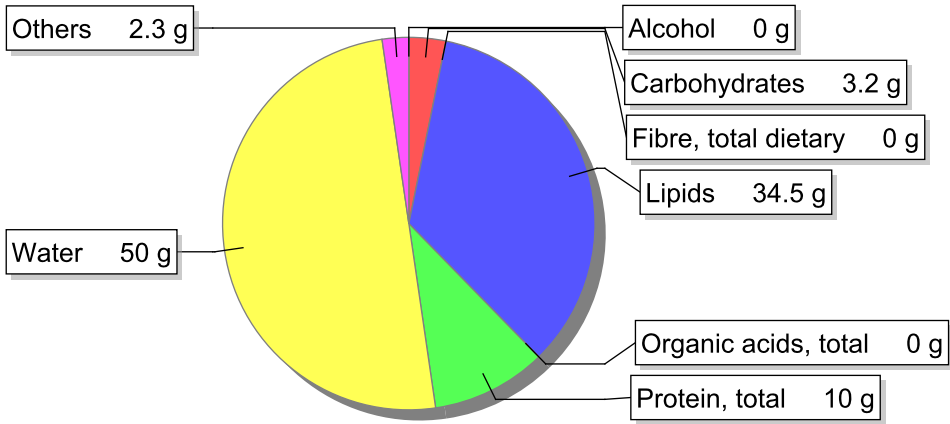


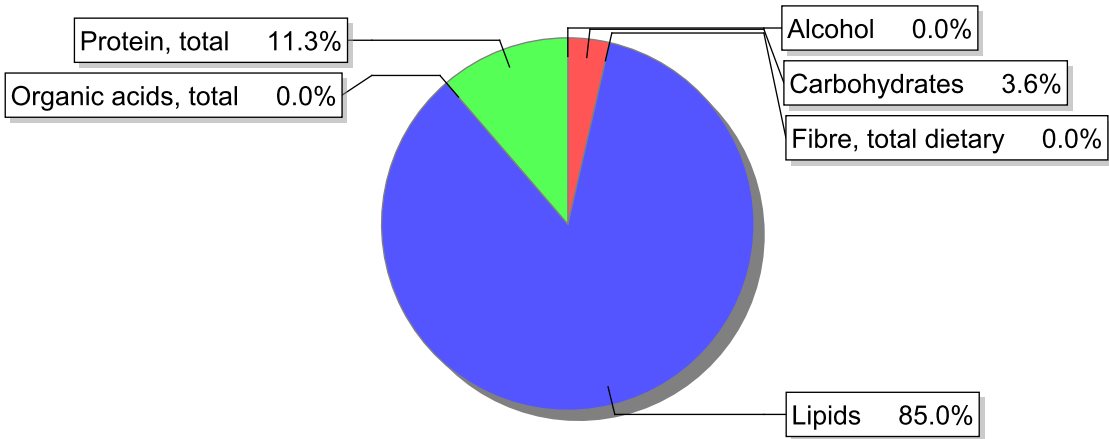
Food

Name: Pâté, liver, pork
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS355
FoodEX2 Code: A026R

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	10	g	
fatty acids, total monounsaturated	10.7	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0.1	g	
sugars, total	2.6	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	10	g	58
alcohol	0	g	
water	50	g	
organic acids, total	0	g	
cholesterol	170	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	4500	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.15	mg	
thiamin	0.13	mg	
riboflavin	0.55	mg	58
niacin, preformed	4	mg	58
niacin equivalents, total	6.1	mg	
niacin equivalents from tryptophan	2.1	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	6	µg	
vitamin C	1	mg	
folate, total	68	µg	
ash	2.30	g	58
sodium	790	mg	
potassium	160	mg	
calcium	18	mg	58
phosphorus	240	mg	58
magnesium	11	mg	
iron, total	4	mg	58
zinc	3	mg	

Legend

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

References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.