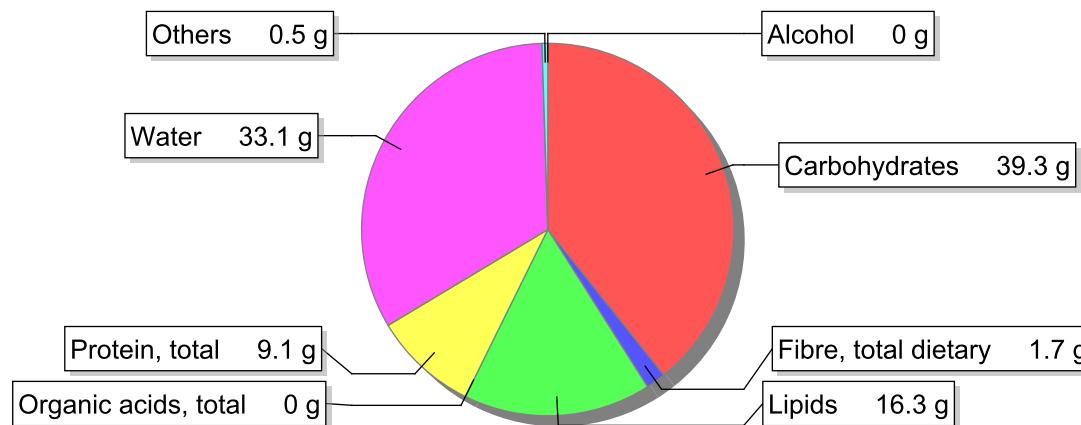


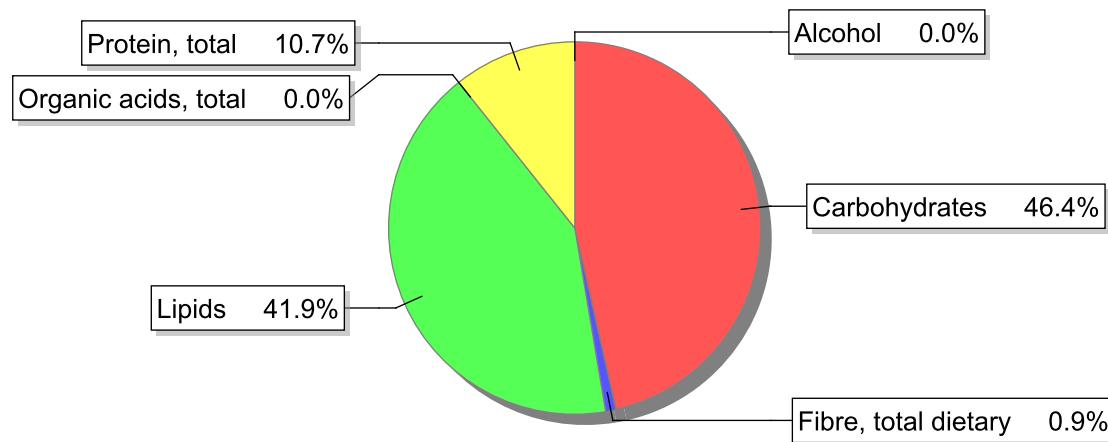
Food

Name: Samosas, meat
Group: Meat and meat products, fowl and game meat
Subgroup: Meat snacks (light meal)
Edible Part: 100%
Code: IS369
FoodEX2 Code: A040E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	344	kcal	
energy kJ, total metabolisable	1440	kJ	
fatty acids, total saturated	7	g	
fatty acids, total monounsaturated	5.5	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.8	g	
fatty acids, total trans	1.5	g	
sugars, total	1.3	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	1.7	g	
protein, total	9.1	g	68
alcohol	0	g	
water	33.1	g	
organic acids, total	0	g	
cholesterol	14	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	8	µg	
vitamin D	0.1	µg	
alpha-tocopherol	2.1	mg	
thiamin	0.1	mg	
riboflavin	0.06	mg	
niacin, preformed	0.9	mg	
niacin equivalents, total	2.5	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.33	µg	
vitamin C	4	mg	
folate, total	8.6	µg	
ash	1.15	g	
sodium	550	mg	57
potassium	200	mg	
calcium	32	mg	57
phosphorus	110	mg	57
magnesium	25	mg	
iron, total	1.4	mg	57
zinc	1.2	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
68	Mano, ML. Meister, MC; Fontes, MR; Lobo, P (1989) - Composição dos Alimentos Cozinhados. Alguns Produtos Servidos em "Snack-bares". Revista Portuguesa de Nutrição, Vol. 1(4), p. 19-24.