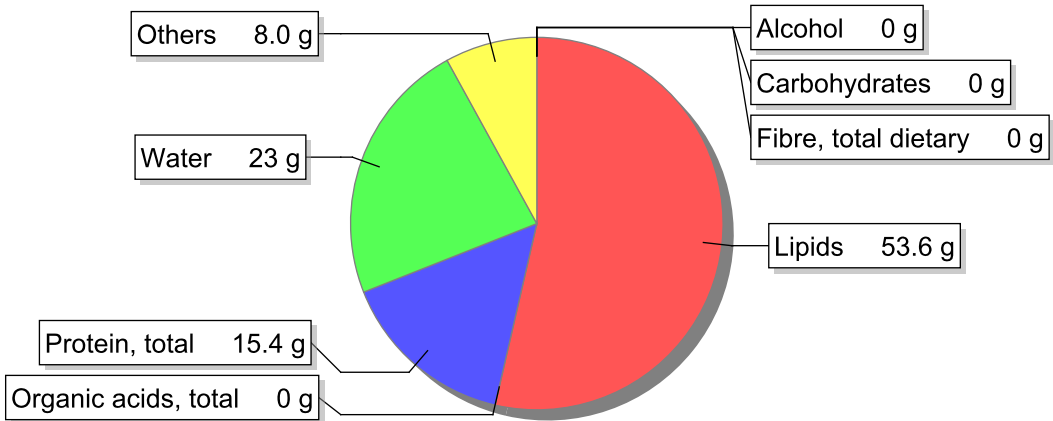


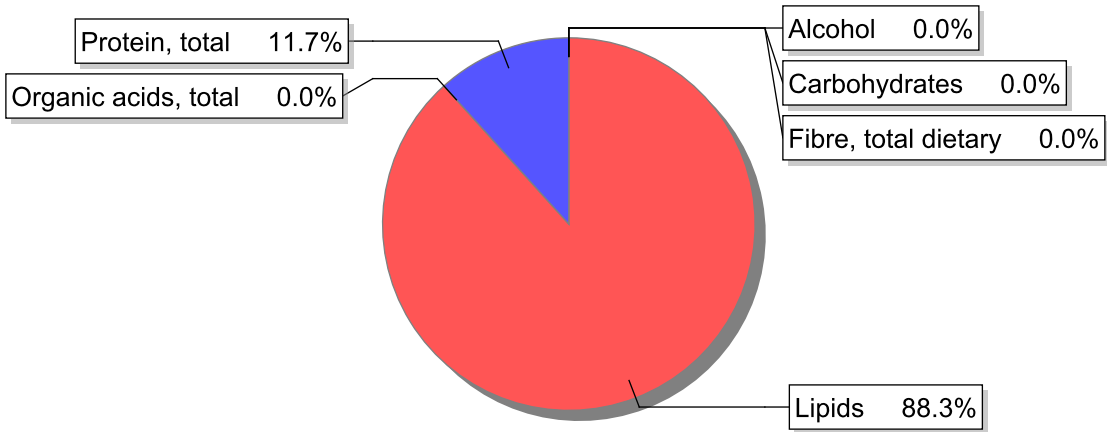
Food

Name: Sausage, chorizo, lean and fat, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 93%
Code: IS342
FoodEX2 Code: A025C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	544	kcal	
energy kJ, total metabolisable	2250	kJ	
fatty acids, total saturated	18.5	g	
fatty acids, total monounsaturated	21.2	g	
fatty acids, total polyunsaturated	6.2	g	
fatty acid 18:2 n-6 cis,cis	5.3	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	15.4	g	57
alcohol	0	g	
water	23	g	
organic acids, total	0	g	
cholesterol	96	mg	57
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	0.2	mg	
thiamin	0.38	mg	57
riboflavin	0.19	mg	57
niacin, preformed	4	mg	57
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	57
folate, total	1	µg	
ash	7.70	g	
sodium	2630	mg	
potassium	370	mg	57
calcium	23	mg	57
phosphorus	200	mg	57
magnesium	21	mg	57
iron, total	2.5	mg	57
zinc	3.1	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
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