

Food

Name: Margarine, cooking, for flaky pastry, with salt

Group: Olive oil, oils and fats

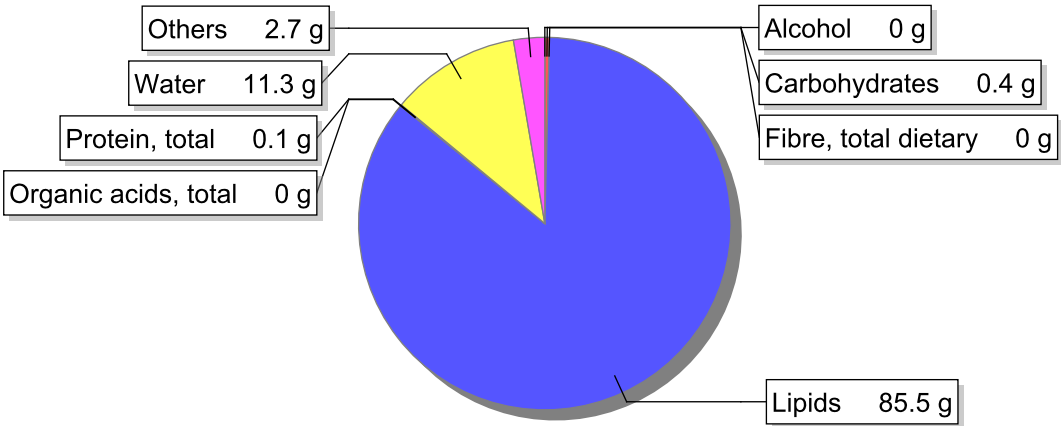
Subgroup: Fats

Edible Part: 100%

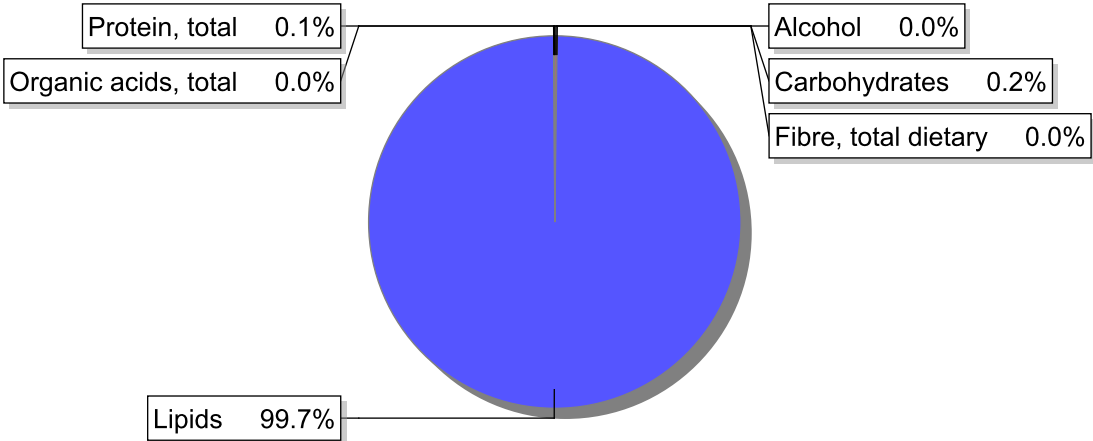
Code: IS380

FoodEX2 Code: A039G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	772	kcal	
energy kJ, total metabolisable	3170	kJ	
fatty acids, total saturated	31.4	g	
fatty acids, total monounsaturated	26.1	g	
fatty acids, total polyunsaturated	13.2	g	
fatty acid 18:2 n-6 cis,cis	12.4	g	
fatty acids, total trans	3.6	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.4	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	0.1	g	
alcohol	0	g	
water	11.3	g	
organic acids, total	0	g	
cholesterol	225	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	157	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	36	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	2.70	g	
sodium	970	mg	
potassium	8	mg	
calcium	3	mg	
phosphorus	5	mg	
magnesium	1	mg	
iron, total	0.3	mg	
zinc	0.1	mg	

Legend

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

References