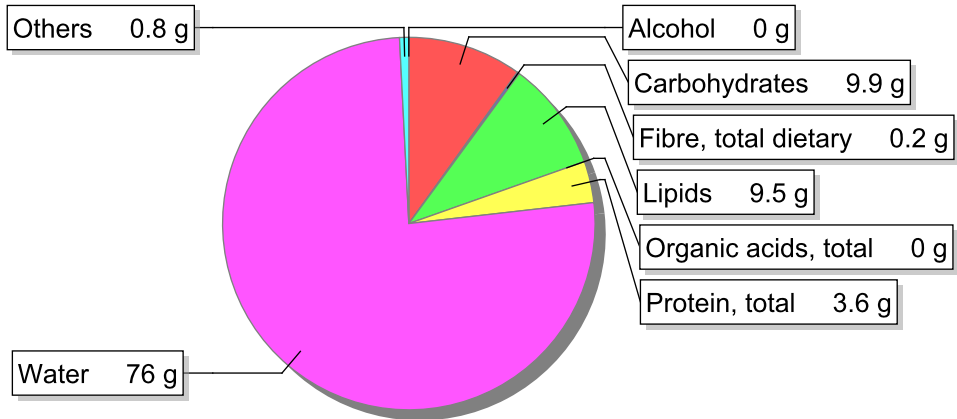


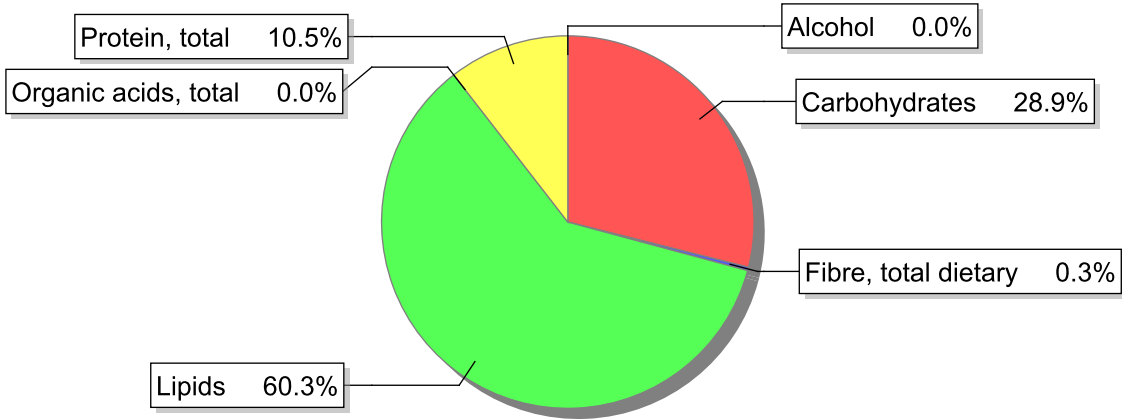
Food

Name: Sauce "Béchamel" with margarine
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS929
FoodEX2 Code: A043X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	140	kcal	
energy kJ, total metabolisable	583	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	1.9	g	
fatty acids, total trans	0.1	g	
sugars, total	5.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	5.3	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.2	g	
protein, total	3.6	g	
alcohol	0	g	
water	76	g	
organic acids, total	0	g	
cholesterol	9	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	
carotene, total (vitamin A precursors)	40	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.02	mg	
riboflavin	0.11	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.1	µg	
vitamin C	0	mg	
folate, total	0.7	µg	
ash	1.00	g	
sodium	270	mg	
potassium	180	mg	
calcium	130	mg	
phosphorus	110	mg	
magnesium	13	mg	
iron, total	0.3	mg	
zinc	0.6	mg	

Legend

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

References