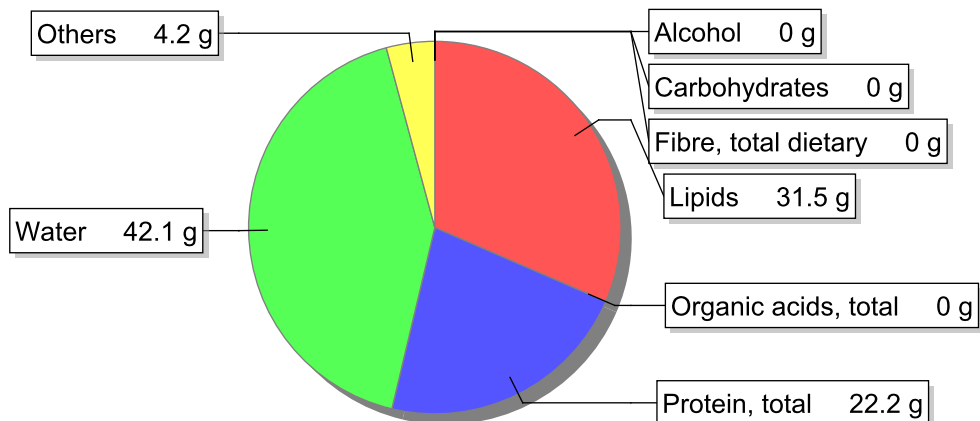


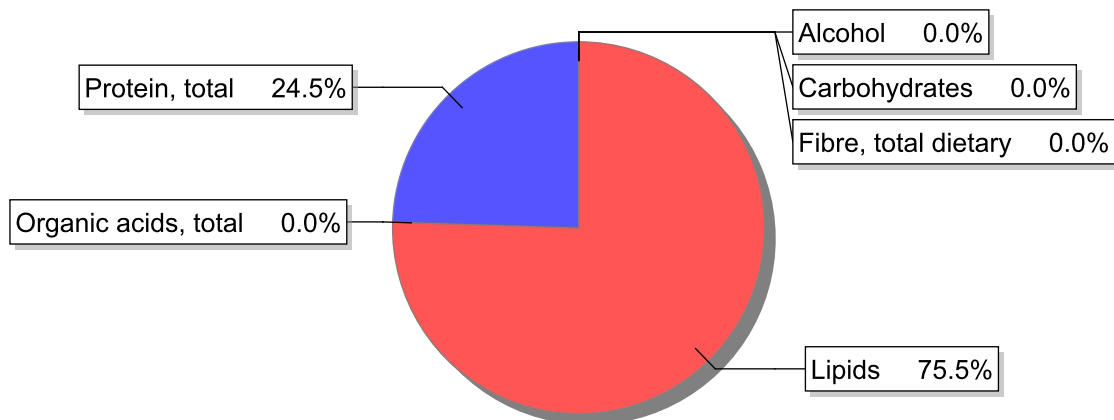
Food

Name: Bacon, grilled, no salt added
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 93%
Code: IS312
FoodEX2 Code: A022X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	372	kcal	
energy kJ, total metabolisable	1540	kJ	
fatty acids, total saturated	10.8	g	
fatty acids, total monounsaturated	10.5	g	
fatty acids, total polyunsaturated	5.1	g	
fatty acid 18:2 n-6 cis,cis	4.4	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	22.2	g	
alcohol	0	g	
water	42.1	g	
organic acids, total	0	g	
cholesterol	92	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.11	mg	
riboflavin	0.46	mg	
niacin, preformed	5.7	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	2.8	mg	
vitamin B-6, total	0.28	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	2.9	µg	
ash	3.70	g	
sodium	1720	mg	
potassium	230	mg	
calcium	11	mg	
phosphorus	200	mg	
magnesium	26	mg	
iron, total	1.2	mg	
zinc	2.2	mg	

Legend

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

References