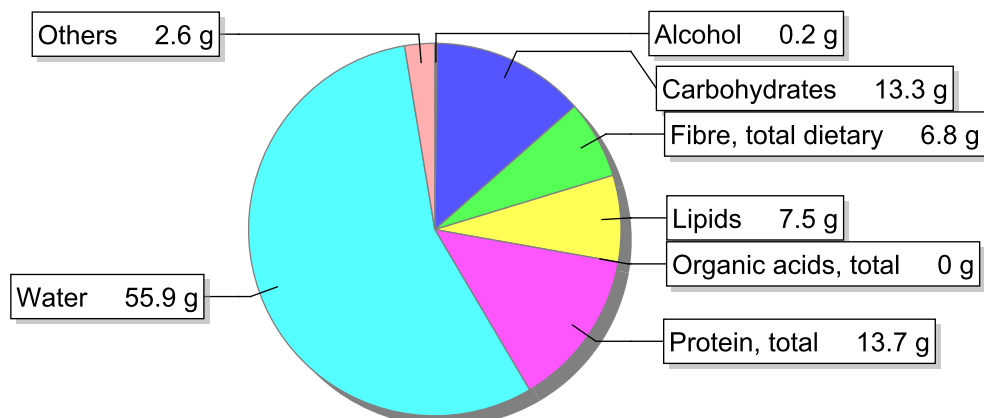


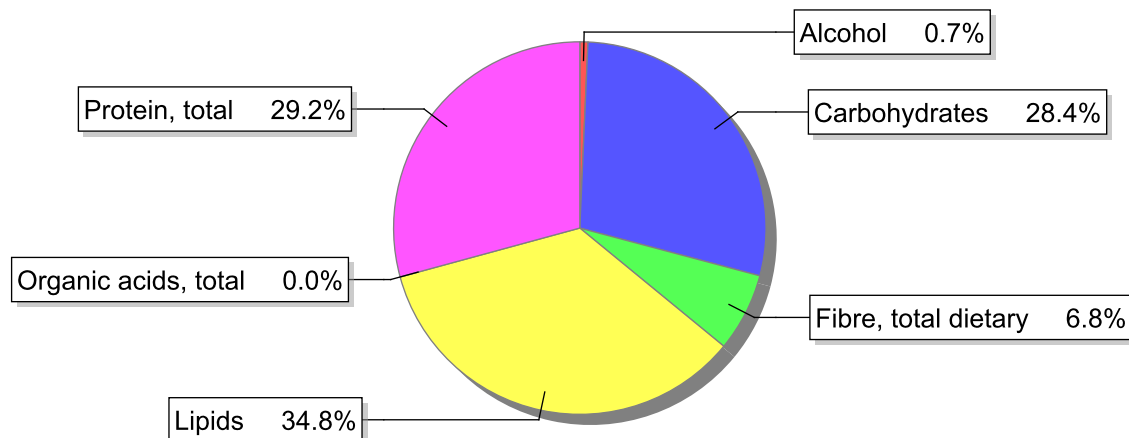
Food

Name: Beans, stewed with pork meat and beef meat, "Feijoada"
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 96%
Code: IS951
FoodEX2 Code: A03VR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	191	kcal	
energy kJ, total metabolisable	797	kJ	
fatty acids, total saturated	2.3	g	
fatty acids, total monounsaturated	3.5	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.768	g	
fatty acids, total trans	0.1	g	
sugars, total	2.1	g	
sucrose	1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.2	g	
starch, total	10	g	
protein, total	13.7	g	
alcohol	0.2	g	
water	55.9	g	
organic acids, total	0	g	
cholesterol	26	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	135	µg	
carotene, total (vitamin A precursors)	808	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.58	mg	
thiamin	0.19	mg	
riboflavin	0.11	mg	
niacin, preformed	1.7	mg	
niacin equivalents, total	4.92	mg	
niacin equivalents from tryptophan	2.34	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	0.35	µg	
vitamin C	3.4	mg	
folate, total	55	µg	
ash	2.56	g	
sodium	400	mg	
potassium	490	mg	
calcium	65	mg	
phosphorus	160	mg	
magnesium	60	mg	
iron, total	2.4	mg	
zinc	2.1	mg	

Legend

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

References