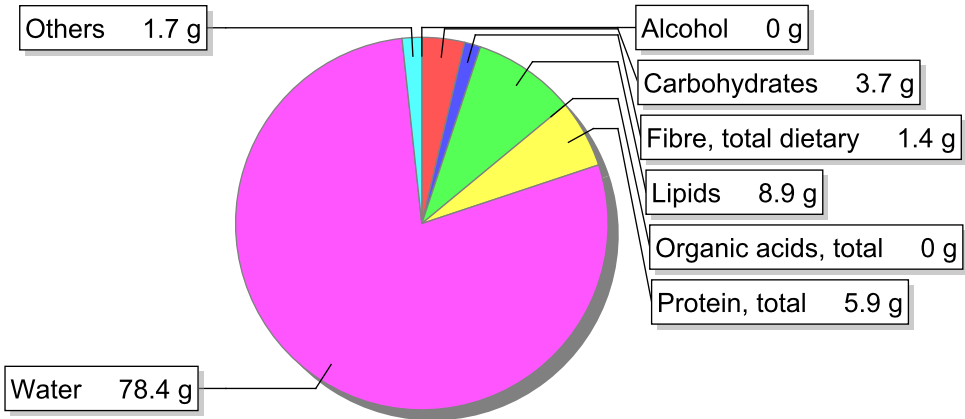


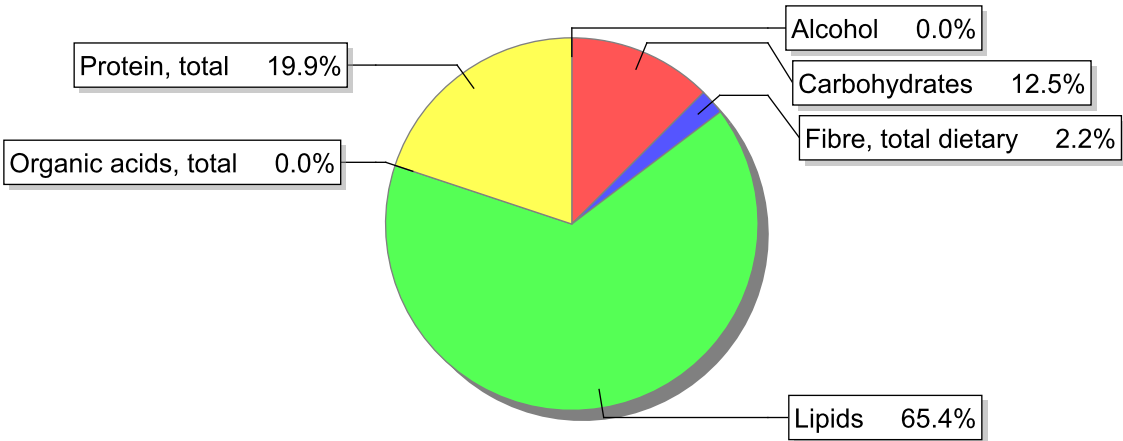
Food

Name: Sausage, french type, stewed with vegetables and olive oil
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 100%
Code: IS363
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	121	kcal	
energy kJ, total metabolisable	504	kJ	
fatty acids, total saturated	2.8	g	
fatty acids, total monounsaturated	3.6	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.774	g	
fatty acids, total trans	0.0	g	
sugars, total	1.2	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	1.4	g	
protein, total	5.9	g	
alcohol	0	g	
water	78.4	g	
organic acids, total	0	g	
cholesterol	16	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	106	µg	
carotene, total (vitamin A precursors)	633	µg	
vitamin D	0	µg	
alpha-tocopherol	0.35	mg	
thiamin	0.13	mg	
riboflavin	0.04	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	2.22	mg	
niacin equivalents from tryptophan	0.84	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0.22	µg	
vitamin C	16.6	mg	
folate, total	35	µg	
ash	1.73	g	
sodium	320	mg	
potassium	200	mg	
calcium	27	mg	
phosphorus	82	mg	
magnesium	12	mg	
iron, total	1.1	mg	
zinc	0.6	mg	

Legend

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

References