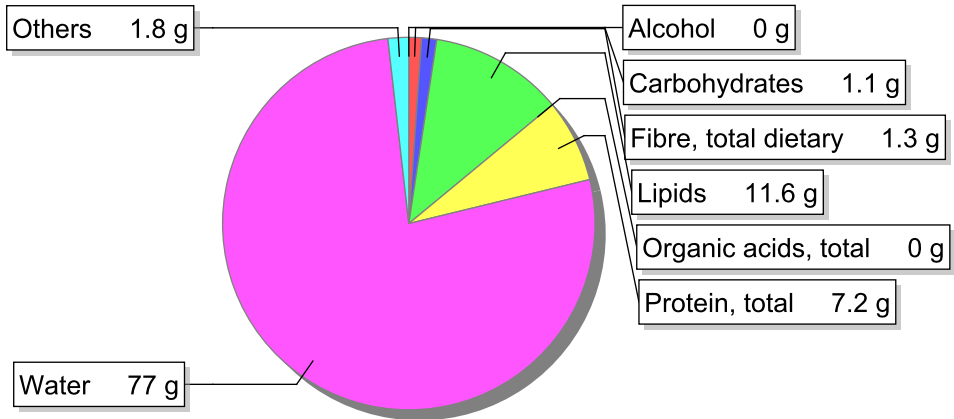


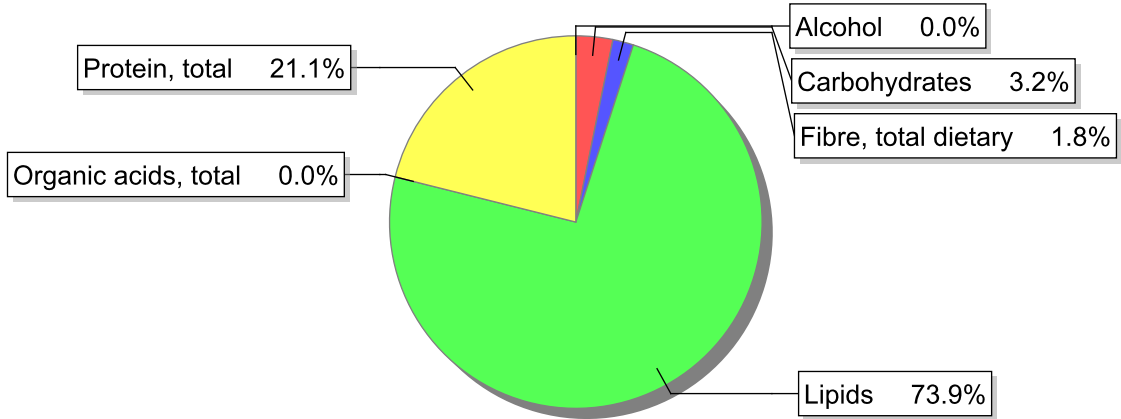
Food

Name: Sausage, french type, stewed with cabbage and olive oil
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 100%
Code: IS362
FoodEX2 Code: A03VY

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	581	kJ	
fatty acids, total saturated	3.6	g	
fatty acids, total monounsaturated	4.7	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.00	g	
fatty acids, total trans	0.1	g	
sugars, total	0.9	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1	g	
fibre, total dietary	1.3	g	
protein, total	7.2	g	
alcohol	0	g	
water	77	g	
organic acids, total	0	g	
cholesterol	21	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	
carotene, total (vitamin A precursors)	361	µg	
vitamin D	0	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.14	mg	
riboflavin	0.05	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	2.44	mg	
niacin equivalents from tryptophan	0.98	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0.28	µg	
vitamin C	19.1	mg	
folate, total	40	µg	
ash	2.00	g	
sodium	390	mg	
potassium	160	mg	
calcium	30	mg	
phosphorus	96	mg	
magnesium	12	mg	
iron, total	1.3	mg	
zinc	0.7	mg	

Legend

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

References