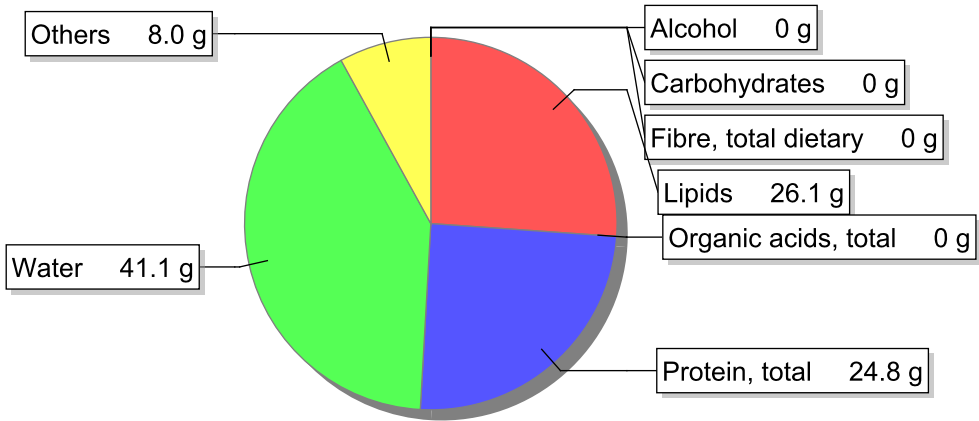


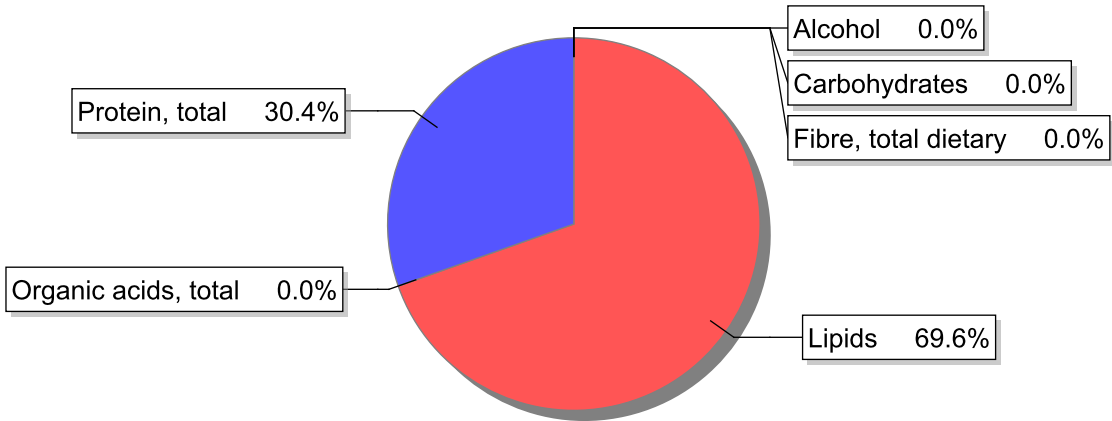
Food

Name: Sausage, chorizo, lean, boiled, no salt added
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS343
FoodEX2 Code: A025C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	334	kcal	
energy kJ, total metabolisable	1390	kJ	
fatty acids, total saturated	9	g	
fatty acids, total monounsaturated	10.3	g	
fatty acids, total polyunsaturated	3	g	
fatty acid 18:2 n-6 cis,cis	2.6	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	
starch, total	0	g	
protein, total	24.8	g	
alcohol	0	g	
water	41.1	g	
organic acids, total	0	g	
cholesterol	85	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	0.4	mg	
thiamin	0.55	mg	
riboflavin	0.2	mg	
niacin, preformed	4	mg	
niacin equivalents, total	5.4	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	0.7	µg	
ash	8.00	g	
sodium	2060	mg	
potassium	190	mg	
calcium	32	mg	
phosphorus	280	mg	
magnesium	22	mg	
iron, total	2.8	mg	
zinc	3.3	mg	

Legend

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

References