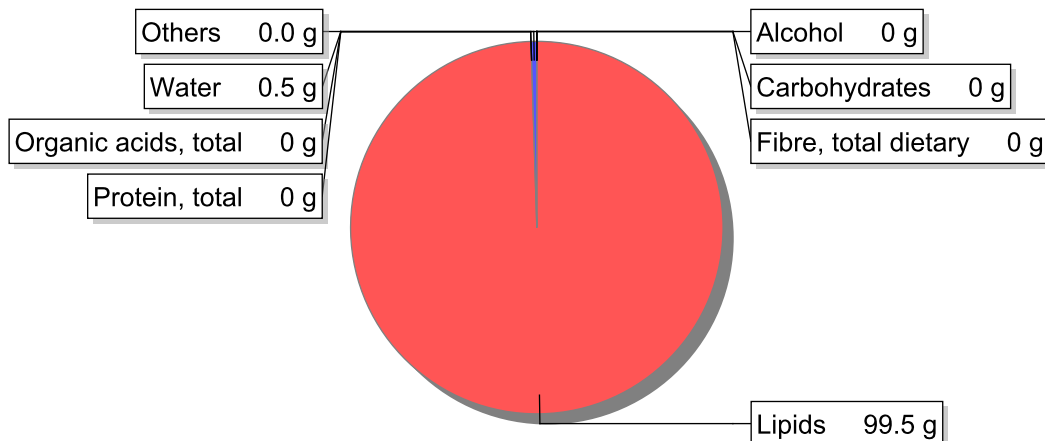


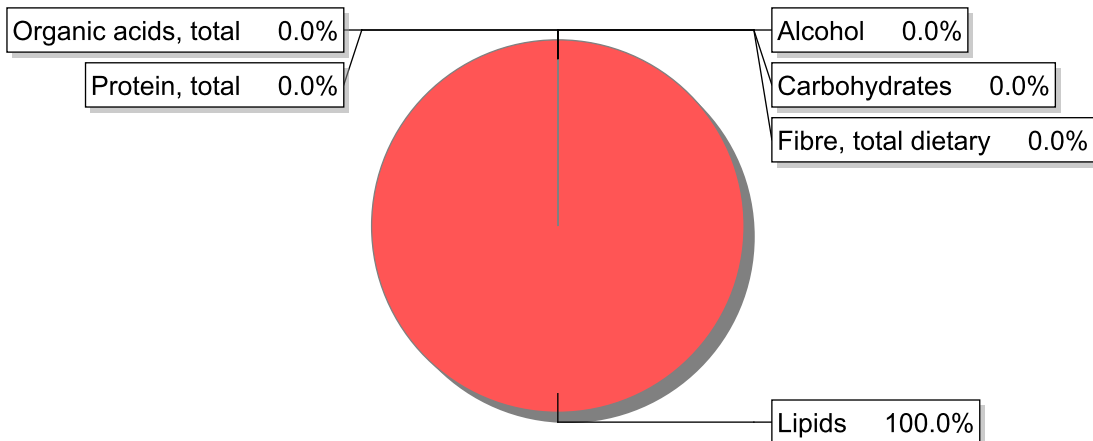
Food

Name: Lard
Group: Olive oil, oils and fats
Subgroup: Fats
Edible Part: 100%
Code: IS313
FoodEX2 Code: A037V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	896	kcal	
energy kJ, total metabolisable	3680	kJ	
fatty acids, total saturated	26.3	g	57
fatty acids, total monounsaturated	58.6	g	57
fatty acids, total polyunsaturated	10.4	g	57
fatty acid 18:2 n-6 cis,cis	9.6	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	0	g	57
alcohol	0	g	
water	0.5	g	57
organic acids, total	0	g	
cholesterol	82	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	1	mg	
thiamin	0	mg	57
riboflavin	0	mg	57
niacin, preformed	0	mg	57
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	0	µg	57
ash	0.10	g	
sodium	2	mg	57
potassium	1	mg	57
calcium	1	mg	57
phosphorus	3	mg	57
magnesium	2	mg	57
iron, total	0.1	mg	57
zinc	0.1	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB