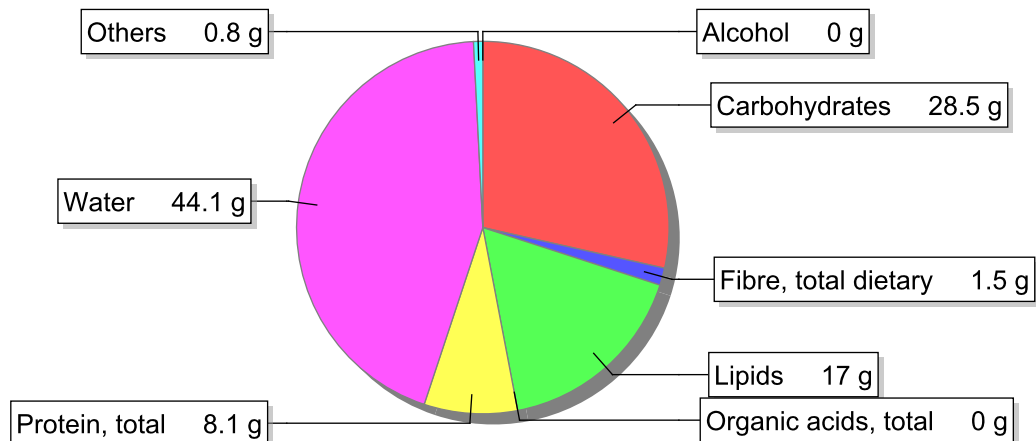


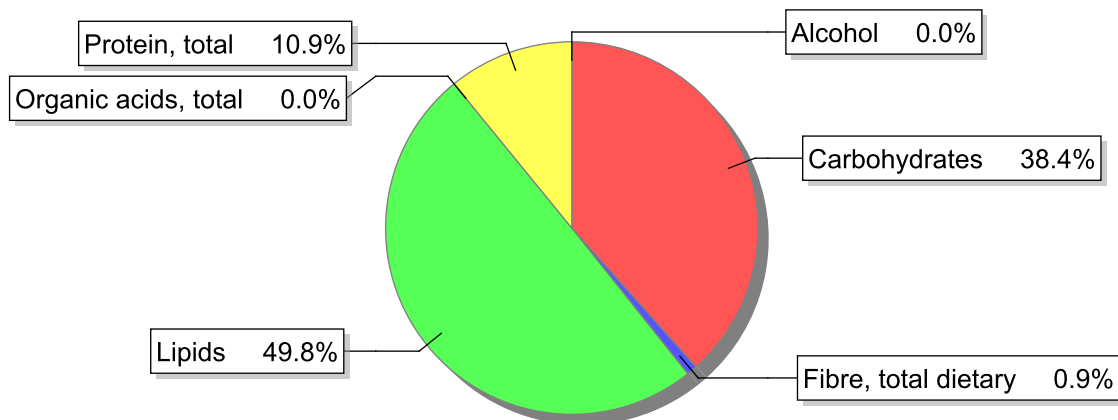
## Food

**Name:** Sausage, "Alheira", grilled, no salt added  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Sausages and delicatessen products  
**Edible Part:** 97%  
**Code:** IS340  
**FoodEX2 Code:** A024Q

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 302   | kcal |           |
| energy kJ, total metabolisable     | 1260  | kJ   |           |
| fatty acids, total saturated       | 4.9   | g    |           |
| fatty acids, total monounsaturated | 6.2   | g    |           |
| fatty acids, total polyunsaturated | 3.9   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 3.5   | g    |           |
| fatty acids, total trans           | 0.1   | g    |           |
| sugars, total                      | 1     | g    |           |
| sucrose                            | 0     | g    |           |

| Name  | Value | Unit | Source(s) |
|---|-------|------|-----------|
| lactose   | 0     | g    |           |
| oligosaccharides, available                                     | 0     | g    |           |
| fibre, total dietary  | 1.5   | g    |           |
| protein, total  | 8.1   | g    |           |
| alcohol   | 0     | g    |           |
| water   | 44.1  | g    |           |
| organic acids, total  | 0     | g    |           |
| cholesterol   | 33    | 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  | 0.3   | mg   |           |
| thiamin   | 0.02  | mg   |           |
| riboflavin  | 0.07  | mg   |           |
| niacin, preformed   | 2.1   | mg   |           |
| niacin equivalents, total                                       | 3.5   | mg   |           |
| niacin equivalents from tryptophan                              | 1.4   | mg   |           |
| vitamin B-6, total  | 0.02  | mg   |           |
| vitamin B-12  | 0.9   | µg   |           |
| vitamin C   | 0     | mg   |           |
| folate, total   | 0.9   | µg   |           |
| iodide  | 13    | µg   | 1138      |
| sodium  | 700   | mg   |           |
| potassium   | 90    | mg   |           |
| calcium   | 20    | mg   |           |
| phosphorus  | 54    | mg   |           |
| magnesium   | 17    | mg   |           |
| iron, total   | 0.3   | mg   |           |
| zinc  | 1.2   | mg   |           |

## Legend

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

## References

| Id   | Reference              |
|------|------------------------|
| 1138 | TDS_Iodo_2016_INSA_LAB |