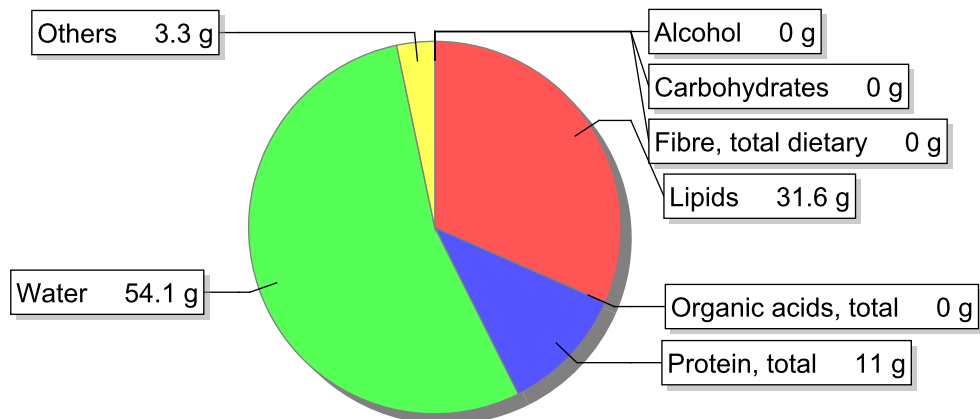


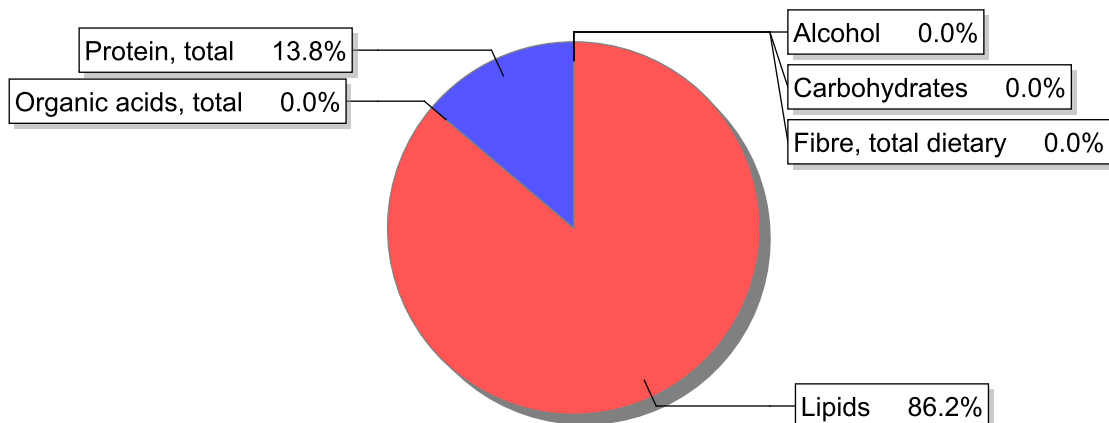
Food

Name: Sausage, blood, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 94%
Code: IS345
FoodEX2 Code: A025S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	328	kcal	
energy kJ, total metabolisable	1360	kJ	
fatty acids, total saturated	12.3	g	57
fatty acids, total monounsaturated	14.2	g	
fatty acids, total polyunsaturated	2.6	g	
fatty acid 18:2 n-6 cis,cis	2.1	g	
fatty acids, total trans	0.1	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	11	g	57
alcohol	0	g	
water	54.1	g	
organic acids, total	0	g	
cholesterol	110	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.9	µg	
alpha-tocopherol	0.15	mg	
thiamin	0.1	mg	
riboflavin	0.1	mg	57
niacin, preformed	1	mg	57
niacin equivalents, total	3.1	mg	
niacin equivalents from tryptophan	2.1	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.3	µg	57
vitamin C	0	mg	57
folate, total	4.6	µg	
iodide	13	µg	1138
sodium	1100	mg	
potassium	190	mg	
calcium	40	mg	57
phosphorus	70	mg	57
magnesium	18	mg	
iron, total	14	mg	57
zinc	1.2	mg	

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
1138	TDS_Iodo_2016_INSA_LAB