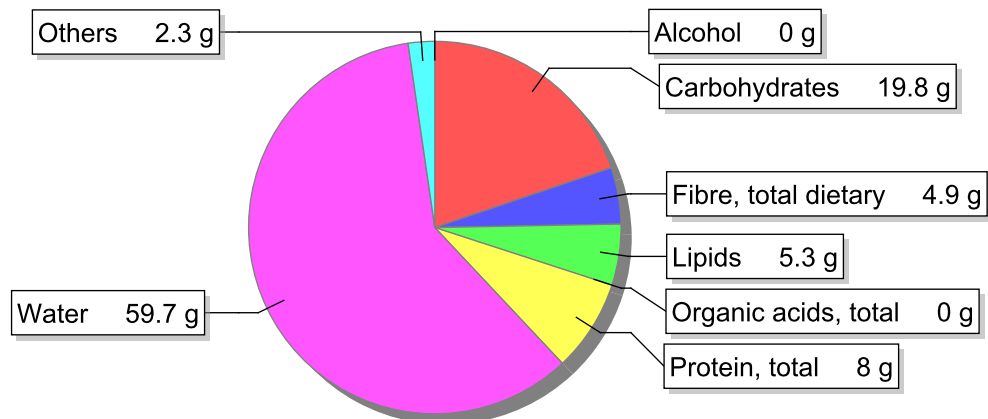


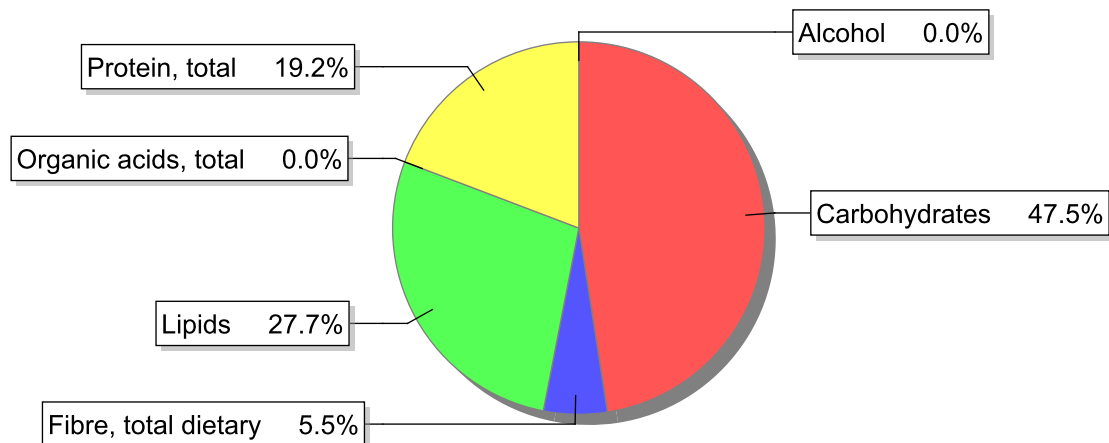
## Food

**Name:** Burger, beans, fried with olive oil  
**Group:** Legumes (fresh and dried)  
**Subgroup:** Dried legumes  
**Edible Part:** 100%  
**Code:** IS291  
**FoodEX2 Code:** A03VM

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	169	kcal	
energy kJ, total metabolisable	708	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.631	g	
fatty acids, total trans	0.0	g	
sugars, total	1.2	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	1.1	g	
<b>fibre, total dietary</b>	4.9	g	
<b>protein, total</b>	8	g	
<b>alcohol</b>	0	g	
<b>water</b>	59.7	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	47	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	41	µg	
<b>carotene, total (vitamin A precursors)</b>	113	µg	
<b>vitamin D</b>	0.2	µg	
<b>alpha-tocopherol</b>	0.89	mg	
<b>thiamin</b>	0.11	mg	
<b>riboflavin</b>	0.11	mg	
<b>niacin, preformed</b>	0.74	mg	
<b>niacin equivalents, total</b>	2.28	mg	
<b>niacin equivalents from tryptophan</b>	1.49	mg	
<b>vitamin B-6, total</b>	0.13	mg	
<b>vitamin B-12</b>	0.11	µg	
<b>vitamin C</b>	6.9	mg	
<b>folate, total</b>	30	µg	
<b>ash</b>	2.27	g	
<b>sodium</b>	440	mg	
<b>potassium</b>	340	mg	
<b>calcium</b>	54	mg	
<b>phosphorus</b>	150	mg	
<b>magnesium</b>	42	mg	
<b>iron, total</b>	2.5	mg	
<b>zinc</b>	1	mg	

## Legend

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

## References