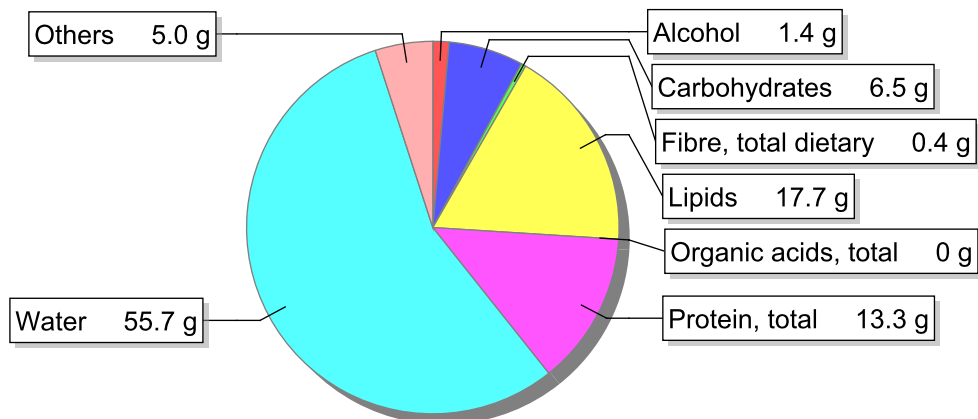


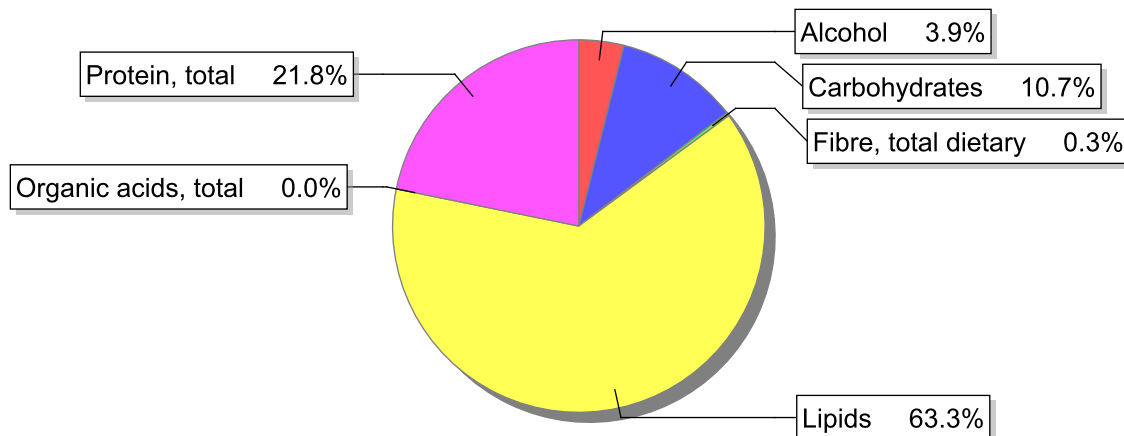
**Food**

**Name:** Portuguese sandwich with sauce, "francesinha"  
**Group:** Cereal and cereal products  
**Subgroup:** Bread and bread-like products (toast, breadcrumbs)  
**Edible Part:** 100%  
**Code:** 089-28  
**FoodEX2 Code:** A16FF

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	249	kcal	
energy kJ, total metabolisable	1040	kJ	
fatty acids, total saturated	6.3	g	
fatty acids, total monounsaturated	6.5	g	
fatty acids, total polyunsaturated	2	g	
fatty acid 18:2 n-6 cis,cis	1.69	g	
fatty acids, total trans	0.1	g	
sugars, total	1.1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.3	g	
<b>oligosaccharides, available</b>	0	g	
<b>starch, total</b>	5.4	g	
<b>protein, total</b>	13.3	g	
<b>alcohol</b>	1.4	g	
<b>water</b>	55.7	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	39	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	34	µg	
<b>carotene, total (vitamin A precursors)</b>	79	µg	
<b>vitamin D</b>	0.0	µg	
<b>alpha-tocopherol</b>	0.26	mg	
<b>thiamin</b>	0.25	mg	
<b>riboflavin</b>	0.15	mg	
<b>niacin, preformed</b>	2.5	mg	
<b>niacin equivalents, total</b>	5.07	mg	
<b>niacin equivalents from tryptophan</b>	2.63	mg	
<b>vitamin B-6, total</b>	0.16	mg	
<b>vitamin B-12</b>	0.9	µg	
<b>vitamin C</b>	1.4	mg	
<b>folate, total</b>	8	µg	
<b>ash</b>	3.95	g	
<b>sodium</b>	1270	mg	
<b>potassium</b>	210	mg	
<b>calcium</b>	88	mg	
<b>phosphorus</b>	160	mg	
<b>magnesium</b>	20	mg	
<b>iron, total</b>	1.7	mg	
<b>zinc</b>	1.8	mg	

## Legend

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

## References