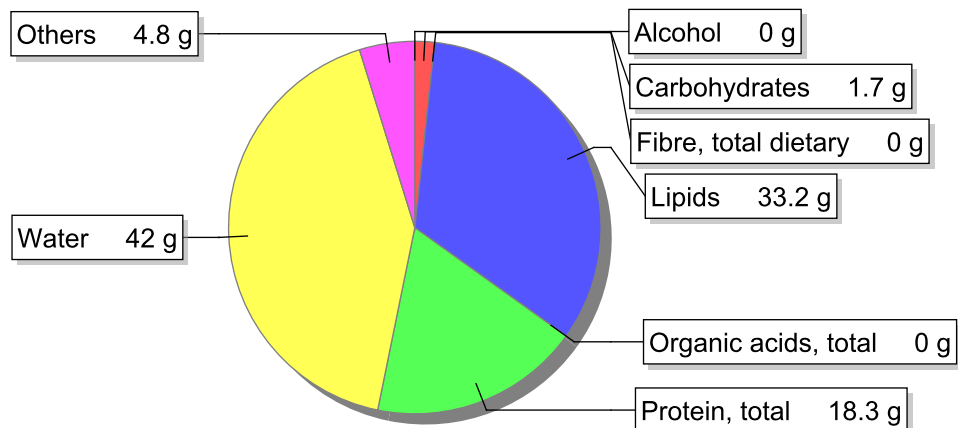


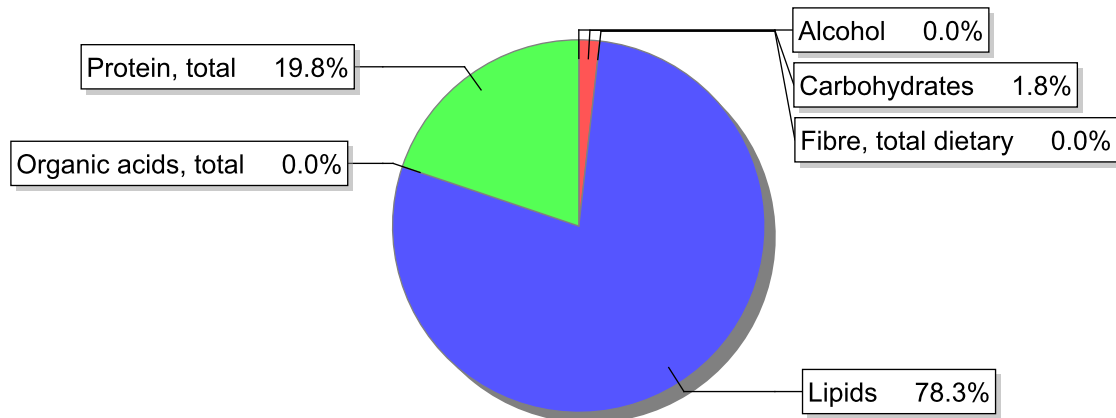
Food

Name: Sausage "Mortadela"
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 99%
Code: IS352
FoodEX2 Code: A025Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	379	kcal	
energy kJ, total metabolisable	1570	kJ	
fatty acids, total saturated	12.4	g	
fatty acids, total monounsaturated	15.2	g	
fatty acids, total polyunsaturated	3.4	g	
fatty acid 18:2 n-6 cis,cis	3.0	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	1.7	g	
protein, total	18.3	g	57
alcohol	0	g	
water	42	g	
organic acids, total	0	g	
cholesterol	60	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.06	mg	
thiamin	0.12	mg	
riboflavin	0.16	mg	57
niacin, preformed	4	mg	
niacin equivalents, total	7.4	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.15	mg	57
vitamin B-12	1.4	µg	
vitamin C	0	mg	
folate, total	3	µg	
ash	3.90	g	
sodium	1540	mg	57
potassium	200	mg	57
calcium	21	mg	57
phosphorus	180	mg	57
magnesium	14	mg	57
iron, total	2.2	mg	57
zinc	2.6	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