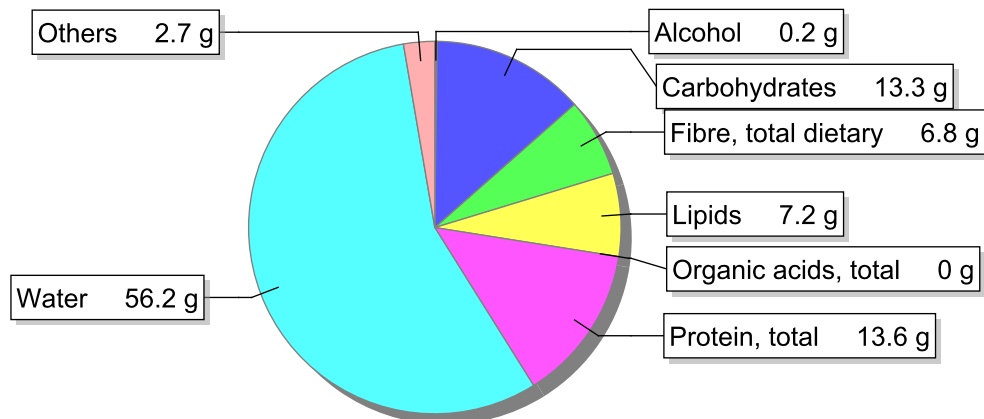


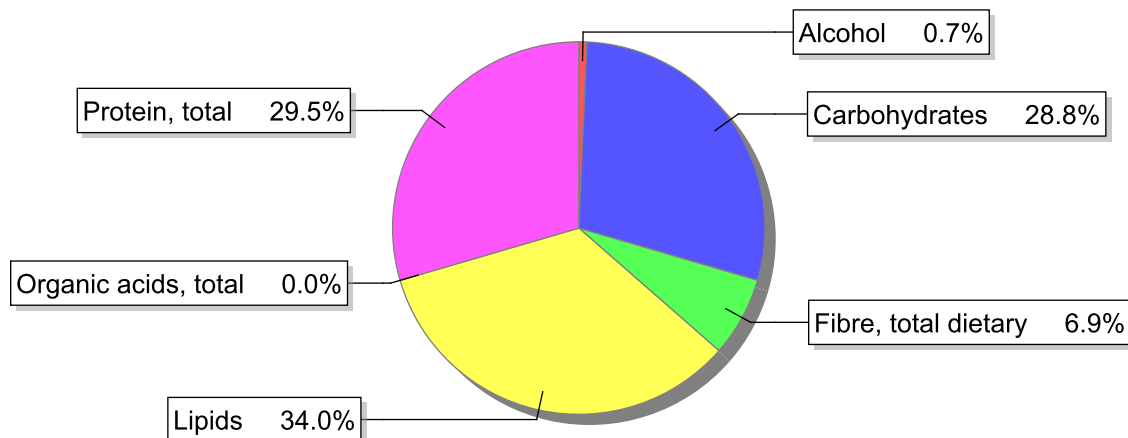
Food

Name: Beans, stewed with pork meat, "Feijoada"
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 94%
Code: IS950
FoodEX2 Code: A03VR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	187	kcal	
energy kJ, total metabolisable	784	kJ	
fatty acids, total saturated	2.1	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.886	g	
fatty acids, total trans	0.0	g	
sugars, total	2.1	g	
sucrose	1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.2	g	
starch, total	10	g	
protein, total	13.6	g	
alcohol	0.2	g	
water	56.2	g	
organic acids, total	0	g	
cholesterol	25	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	135	µg	
carotene, total (vitamin A precursors)	808	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.69	mg	
thiamin	0.23	mg	
riboflavin	0.12	mg	
niacin, preformed	2	mg	
niacin equivalents, total	5.39	mg	
niacin equivalents from tryptophan	2.35	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	0.26	µg	
vitamin C	3.4	mg	
folate, total	54	µg	
ash	2.57	g	
sodium	400	mg	
potassium	490	mg	
calcium	65	mg	
phosphorus	150	mg	
magnesium	60	mg	
iron, total	2.3	mg	
zinc	1.7	mg	

Legend

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

References