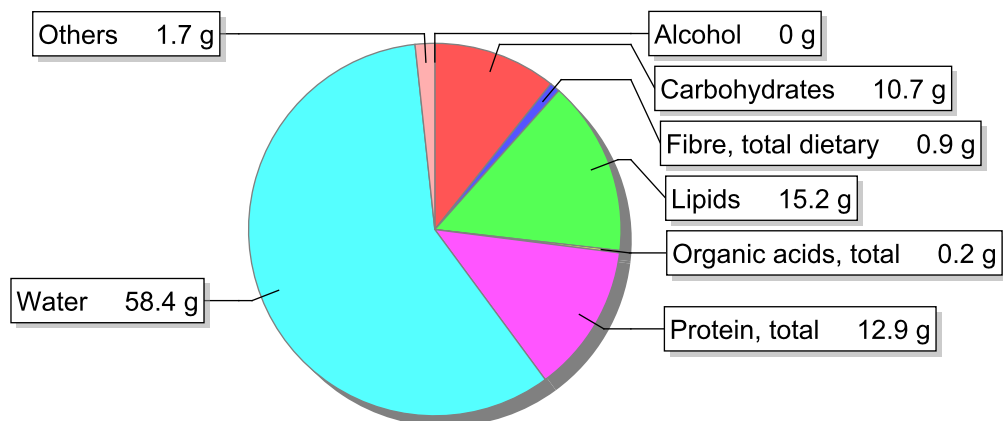


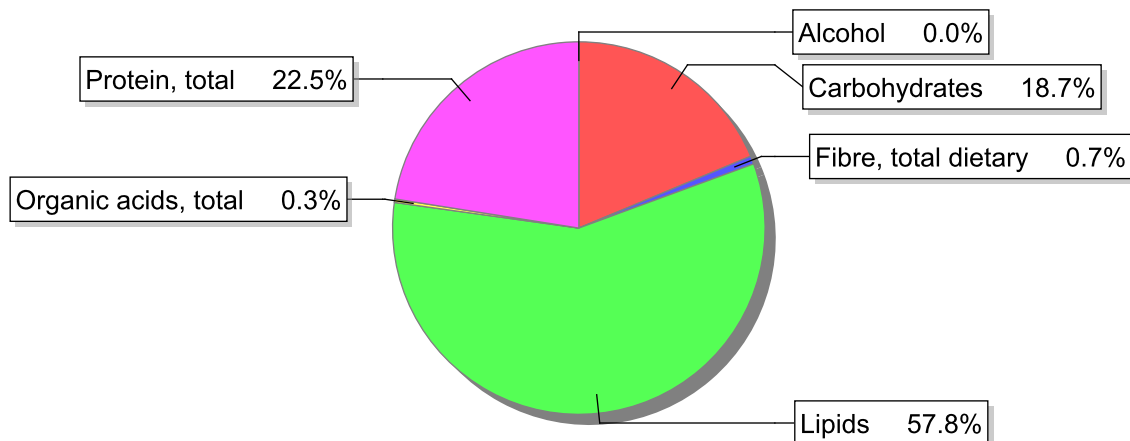
Food

Name: Mashed potato based dish,"Empadão", with tuna
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: 068-24
FoodEX2 Code: A03VE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	234	kcal	
energy kJ, total metabolisable	973	kJ	
fatty acids, total saturated	6.1	g	
fatty acids, total monounsaturated	3.8	g	
fatty acids, total polyunsaturated	3.9	g	
fatty acid 18:2 n-6 cis,cis	3.57	g	
fatty acids, total trans	0.4	g	
sugars, total	1	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
salt	0.9	g	
starch, total	9.7	g	
protein, total	12.9	g	
alcohol	0	g	
water	58.4	g	
organic acids, total	0.2	g	
cholesterol	32	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	93	µg	
carotene, total (vitamin A precursors)	41	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.78	mg	
thiamin	0.1	mg	
riboflavin	0.07	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	6.46	mg	
niacin equivalents from tryptophan	2.69	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0.91	µg	
vitamin C	5	mg	
folate, total	14	µg	
ash	1.63	g	
sodium	370	mg	
potassium	290	mg	
calcium	140	mg	
phosphorus	180	mg	
magnesium	26	mg	
iron, total	0.5	mg	
zinc	0.8	mg	

Legend

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

References