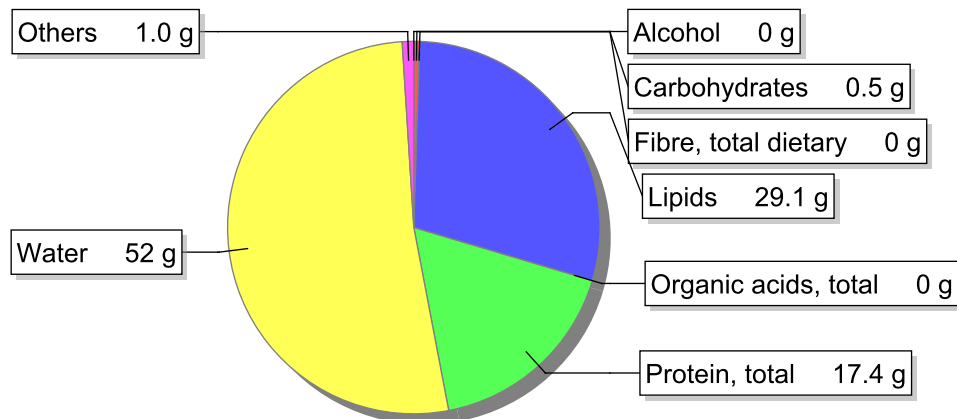


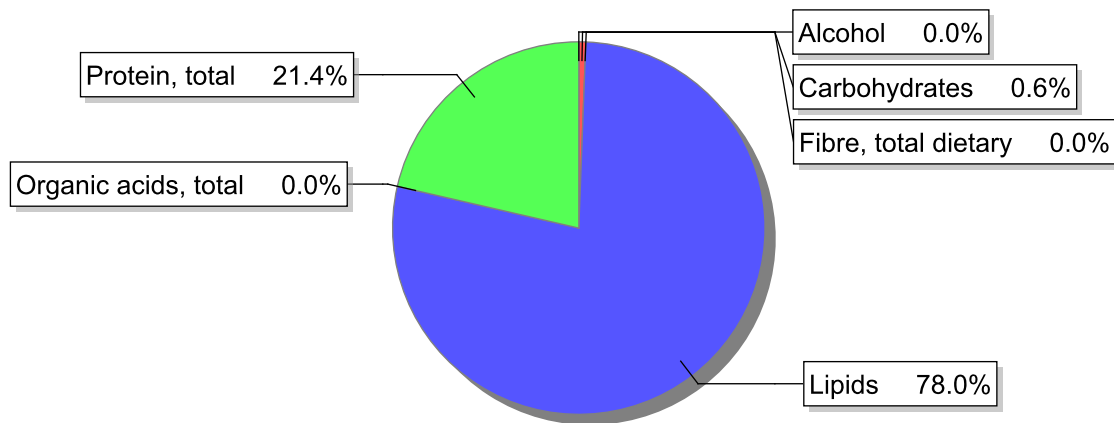
**Food**

**Name:** Lean bacon  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A01VA

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	333	kcal	
energy kJ, total metabolisable	1380	kJ	
fatty acids, total saturated	10	g	
fatty acids, total monounsaturated	9.7	g	
fatty acids, total polyunsaturated	4.7	g	
fatty acid 18:2 n-6 cis,cis	4.0	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	17.4	g	58, 1092
<b>alcohol</b>	0	g	
<b>water</b>	52	g	58, 1092
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	55	mg	1092
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	1092
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.08	mg	
<b>thiamin</b>	2.5	mg	1092
<b>riboflavin</b>	0.24	mg	1092
<b>niacin, preformed</b>	3.8	mg	1092
<b>niacin equivalents, total</b>	6	mg	
<b>niacin equivalents from tryptophan</b>	2.2	mg	
<b>vitamin B-6, total</b>	0.27	mg	
<b>vitamin B-12</b>	0.9	µg	
<b>vitamin C</b>	0	mg	1092
<b>folate, total</b>	2	µg	
<b>ash</b>	1.05	g	58, 1092
<b>sodium</b>	190	mg	58, 1092
<b>potassium</b>	230	mg	
<b>calcium</b>	9	mg	58, 1092
<b>phosphorus</b>	140	mg	58, 1092
<b>magnesium</b>	18	mg	
<b>iron, total</b>	1.3	mg	58, 1092
<b>zinc</b>	1.3	mg	

## Legend

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

## References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.
1092	O_Resultados TCAP_Excel