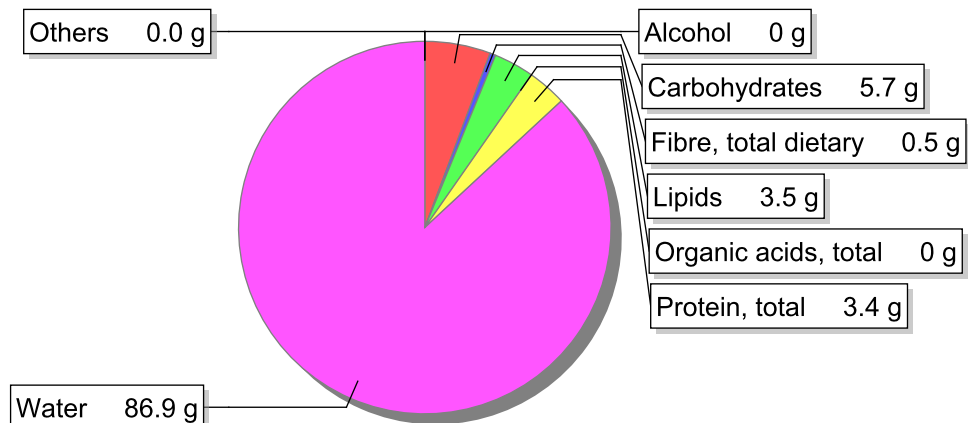


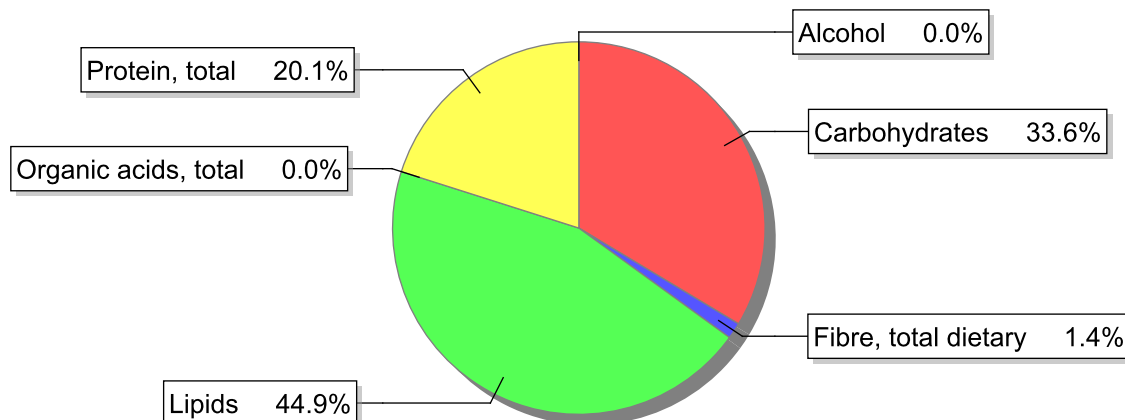
## Food

**Name:** Bread based dish, "Açorda", of codfish  
**Group:** Cereal and cereal products  
**Subgroup:** Bread and bread-like products (toast, breadcrumbs)  
**Edible Part:** 75%  
**Code:** 006-9  
**FoodEX2 Code:** A16FF

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	69	kcal	
energy kJ, total metabolisable	290	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.336	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.6	g	
<b>fibre, total dietary</b>	0.5	g	
<b>protein, total</b>	3.4	g	
<b>alcohol</b>	0	g	
<b>water</b>	86.9	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	23	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	9	µg	
<b>carotene, total (vitamin A precursors)</b>	10	µg	
<b>vitamin D</b>	0.6	µg	
<b>alpha-tocopherol</b>	0.56	mg	
<b>thiamin</b>	0.02	mg	
<b>riboflavin</b>	0.04	mg	
<b>niacin, preformed</b>	0.24	mg	
<b>niacin equivalents, total</b>	1.07	mg	
<b>niacin equivalents from tryptophan</b>	0.82	mg	
<b>vitamin B-6, total</b>	0.04	mg	
<b>vitamin B-12</b>	0.14	µg	
<b>vitamin C</b>	1.4	mg	
<b>folate, total</b>	6.4	µg	
<b>ash</b>	0.717	g	
<b>sodium</b>	240	mg	
<b>potassium</b>	40	mg	
<b>calcium</b>	14	mg	
<b>phosphorus</b>	39	mg	
<b>magnesium</b>	7.2	mg	
<b>iron, total</b>	0.4	mg	
<b>zinc</b>	0.3	mg	

## Legend

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

## References