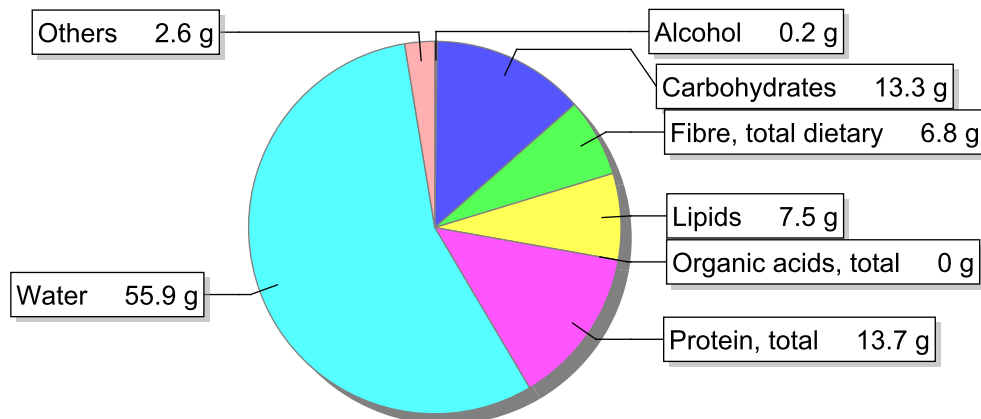


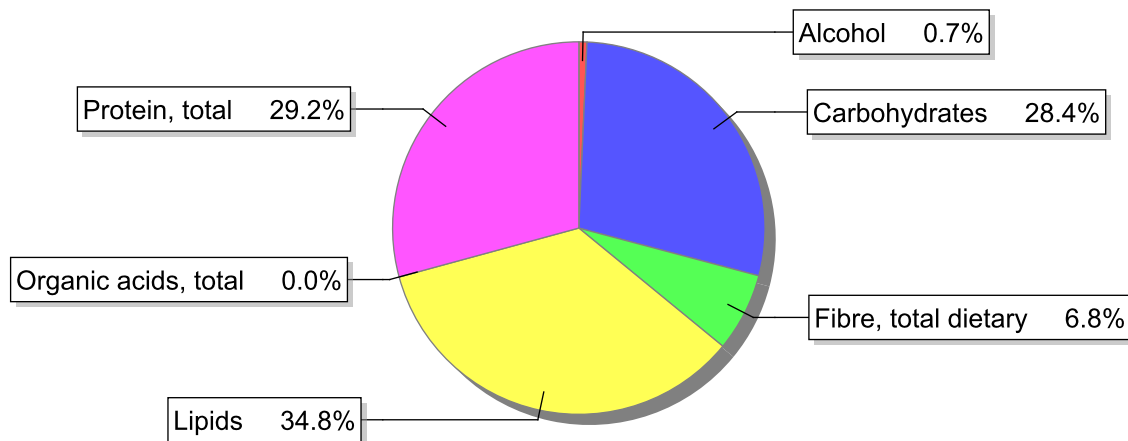
Food

Name: Beans, stewed with pork meat and beef meat, "Feijoada"
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 96%
Code: IS951
FoodEX2 Code: A03VR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 191 | kcal | |
| energy kJ, total metabolisable | 797 | kJ | |
| fatty acids, total saturated | 2.3 | g | |
| fatty acids, total monounsaturated | 3.5 | g | |
| fatty acids, total polyunsaturated | 0.9 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.768 | g | |
| fatty acids, total trans | 0.1 | 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 | 13.7 | g | |
| alcohol | 0.2 | g | |
| water | 55.9 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 26 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 135 | µg | |
| carotene, total (vitamin A precursors) | 808 | µg | |
| vitamin D | 0.2 | µg | |
| alpha-tocopherol | 0.58 | mg | |
| thiamin | 0.19 | mg | |
| riboflavin | 0.11 | mg | |
| niacin, preformed | 1.7 | mg | |
| niacin equivalents, total | 4.92 | mg | |
| niacin equivalents from tryptophan | 2.34 | mg | |
| vitamin B-6, total | 0.21 | mg | |
| vitamin B-12 | 0.35 | µg | |
| vitamin C | 3.4 | mg | |
| folate, total | 55 | µg | |
| ash | 2.56 | g | |
| sodium | 400 | mg | |
| potassium | 490 | mg | |
| calcium | 65 | mg | |
| phosphorus | 160 | mg | |
| magnesium | 60 | mg | |
| iron, total | 2.4 | mg | |
| zinc | 2.1 | mg | |

Legend

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

References