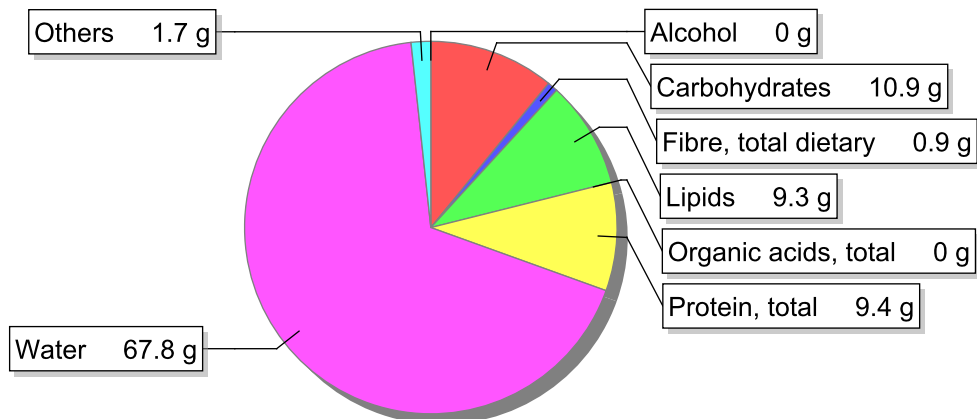


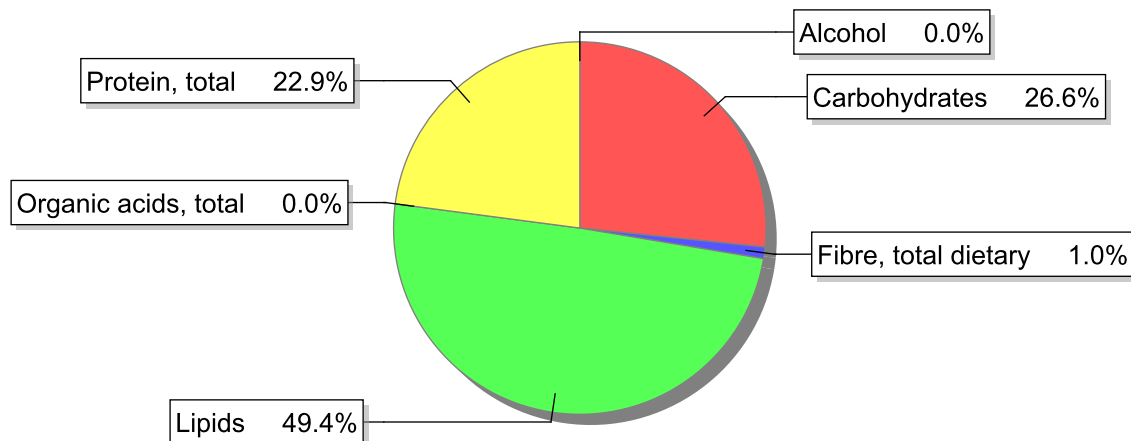
Food

Name: Mashed potato based dish,"Empadão", of stewed meat
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: 012-11
FoodEX2 Code: A03VE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	167	kcal	
energy kJ, total metabolisable	696	kJ	
fatty acids, total saturated	4.2	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.359	g	
fatty acids, total trans	0.4	g	
sugars, total	1.5	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0.8	g	
salt	0.8	g	
starch, total	9.4	g	
protein, total	9.4	g	
alcohol	0	g	
water	67.8	g	
organic acids, total	0	g	
cholesterol	55	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	39	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.15	mg	
riboflavin	0.12	mg	
niacin, preformed	2	mg	
niacin equivalents, total	4.1	mg	
niacin equivalents from tryptophan	2.08	mg	
vitamin B-6, total	0.41	mg	
vitamin B-12	0.71	µg	
vitamin C	7.4	mg	
folate, total	26	µg	
ash	1.64	g	
sodium	330	mg	
potassium	370	mg	
calcium	30	mg	
phosphorus	130	mg	
magnesium	17	mg	
iron, total	0.5	mg	
zinc	1.3	mg	

Legend

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

References