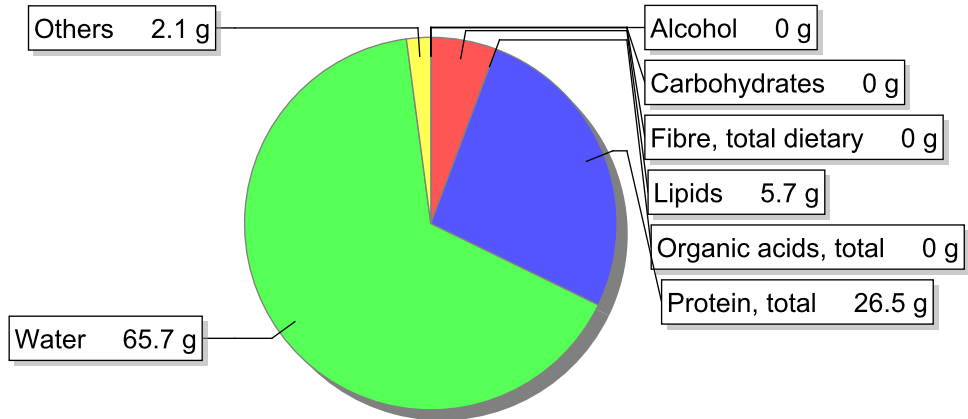


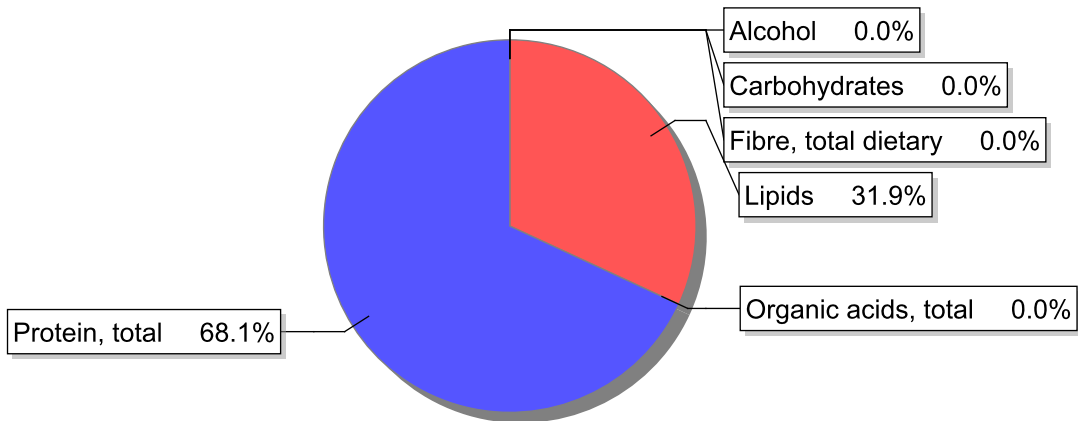
Food

Name: Lamb, cutlet or leg, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 62%
Code: IS102
FoodEX2 Code: A01RK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	157	kcal	
energy kJ, total metabolisable	661	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.3	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
fibre, total dietary	0	g	
protein, total	26.5	g	
alcohol	0	g	
water	65.7	g	
organic acids, total	0	g	
cholesterol	91	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.08	mg	
riboflavin	0.19	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	7.4	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	2.5	µg	
ash	2.10	g	
sodium	160	mg	
potassium	220	mg	
calcium	13	mg	
phosphorus	250	mg	
magnesium	27	mg	
iron, total	2.4	mg	
zinc	5.4	mg	

Legend

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

References