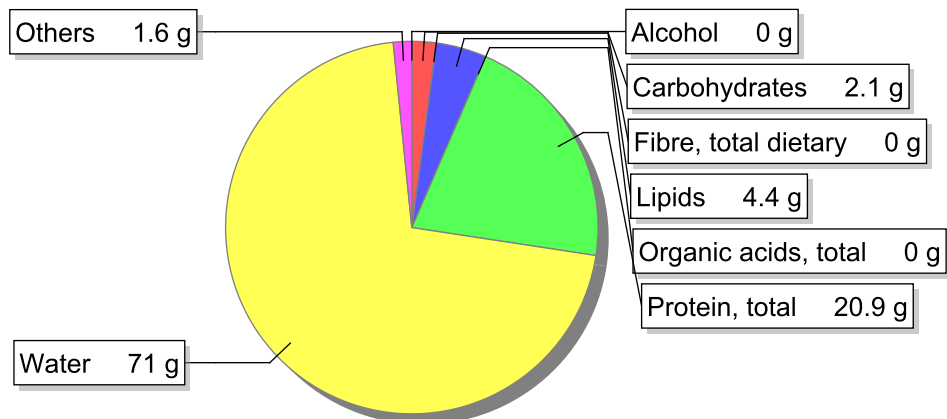


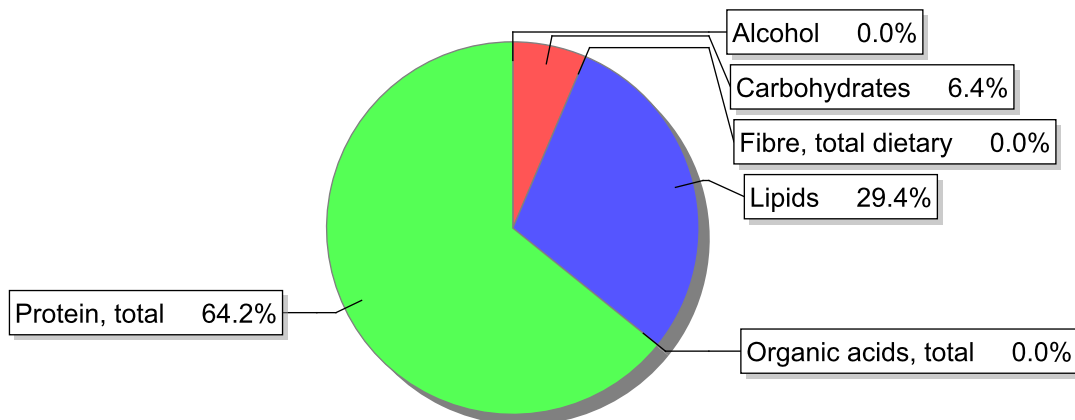
## Food

**Name:** Liver, ox, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Offals  
**Edible Part:** 100%  
**Code:** IS324  
**FoodEX2 Code:** A01XG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	132	kcal	
energy kJ, total metabolisable	554	kJ	
fatty acids, total saturated	1.7	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.3	g	
<b>starch, total</b>	2.1	g	
<b>protein, total</b>	20.9	g	57
<b>alcohol</b>	0	g	
<b>water</b>	71	g	57
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	283	mg	57
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	9600	µg	57
<b>carotene, total (vitamin A precursors)</b>	0	µg	57
<b>vitamin D</b>	1.1	µg	
<b>alpha-tocopherol</b>	0.42	mg	
<b>thiamin</b>	0.45	mg	57
<b>riboflavin</b>	3.2	mg	
<b>niacin, preformed</b>	10	mg	57
<b>niacin equivalents, total</b>	14	mg	
<b>niacin equivalents from tryptophan</b>	4.5	mg	
<b>vitamin B-6, total</b>	0.87	mg	
<b>vitamin B-12</b>	110	µg	
<b>vitamin C</b>	27	mg	57
<b>folate, total</b>	330	µg	
<b>ash</b>	1.42	g	
<b>sodium</b>	130	mg	57
<b>potassium</b>	350	mg	57
<b>calcium</b>	12	mg	57
<b>phosphorus</b>	280	mg	57
<b>magnesium</b>	19	mg	57
<b>iron, total</b>	5.7	mg	57
<b>zinc</b>	2.6	mg	57

## Legend

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

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB