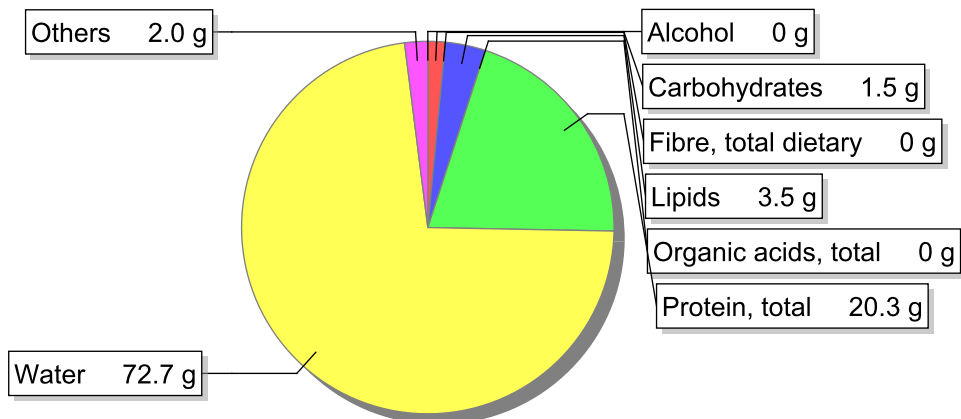


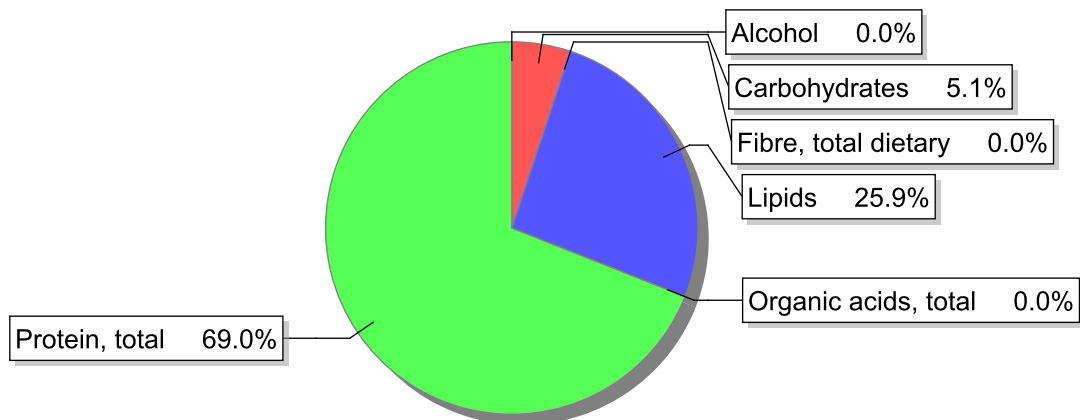
Food

Name: Liver, veal, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS326
FoodEX2 Code: A01XH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	119	kcal	
energy kJ, total metabolisable	500	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	0.1	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)
lactose	0	g	
salt	0.3	g	
starch, total	1.5	g	
protein, total	20.3	g	
alcohol	0	g	
water	72.7	g	
organic acids, total	0	g	
cholesterol	286	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11900	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.42	mg	
thiamin	0.26	mg	
riboflavin	1.6	mg	
niacin, preformed	11	mg	
niacin equivalents, total	16	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.52	mg	
vitamin B-12	64	µg	
vitamin C	30	mg	
folate, total	160	µg	
ash	1.37	g	
sodium	120	mg	
potassium	410	mg	
calcium	12	mg	
phosphorus	320	mg	
magnesium	23	mg	
iron, total	6.5	mg	
zinc	5	mg	

Legend

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

References