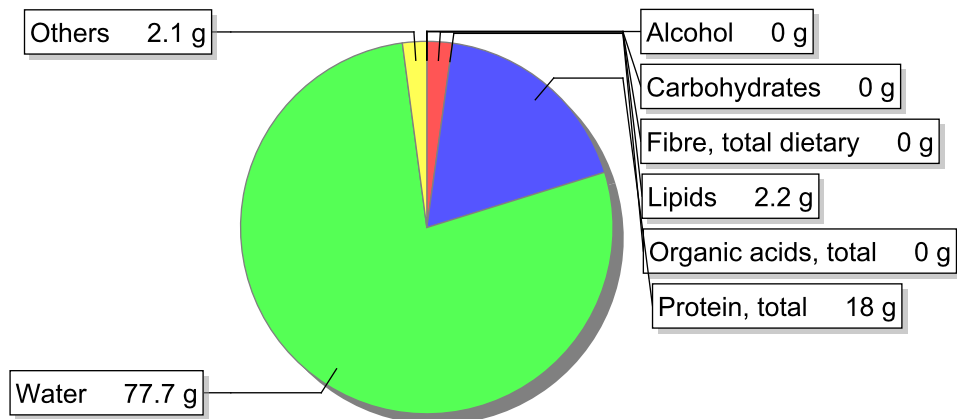


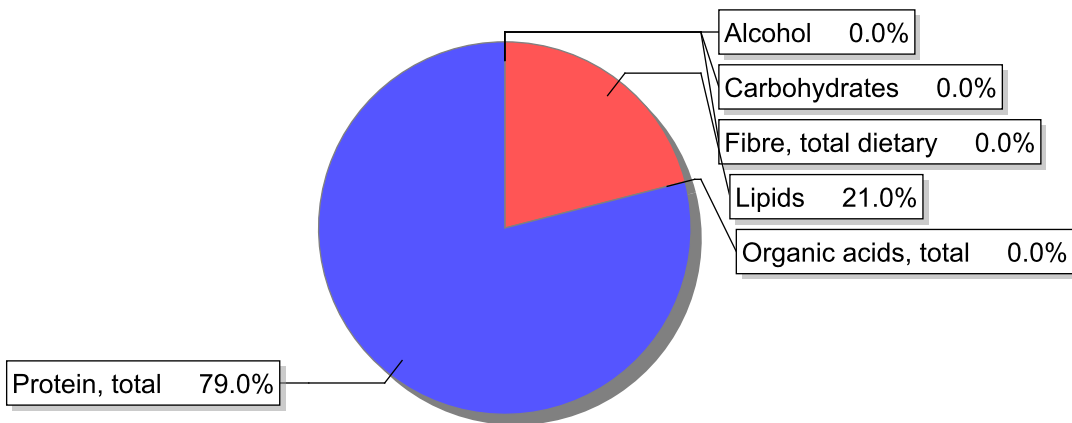
Food

Name: Kidney, ox, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 93%
Code: IS336
FoodEX2 Code: A01YK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	92	kcal	
energy kJ, total metabolisable	387	kJ	
fatty acids, total saturated	0.9	g	57
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0.1	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
starch, total	0	g	
protein, total	18	g	57
alcohol	0	g	
water	77.7	g	
organic acids, total	0	g	
cholesterol	213	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	105	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.3	µg	
alpha-tocopherol	0.55	mg	
thiamin	0.48	mg	57
riboflavin	0.84	mg	
niacin, preformed	7	mg	57
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	14	µg	
vitamin C	12	mg	57
folate, total	4	µg	
ash	1.35	g	
sodium	260	mg	57
potassium	220	mg	
calcium	19	mg	57
phosphorus	240	mg	57
magnesium	18	mg	57
iron, total	3.3	mg	57
zinc	1.9	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