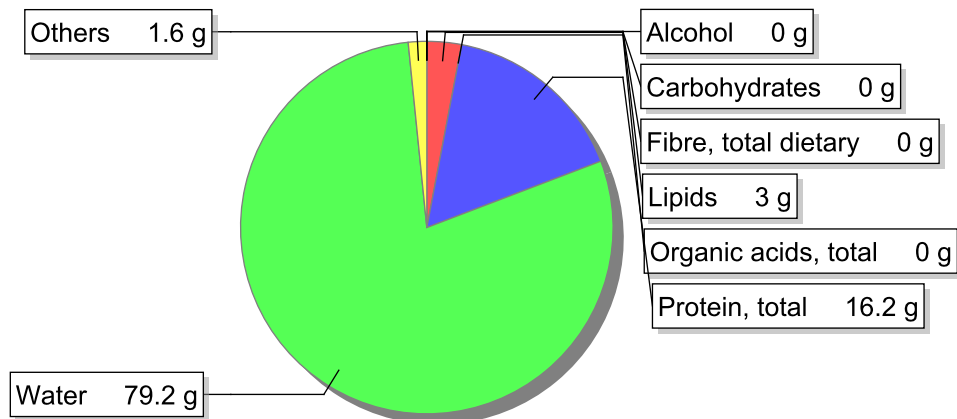


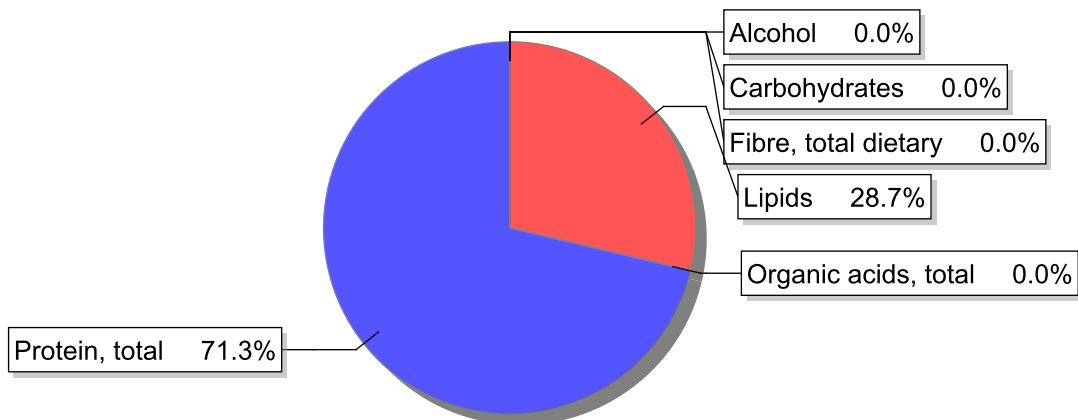
Food

Name: Kidney, lamb, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 94%
Code: IS332
FoodEX2 Code: A01YN

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	386	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
starch, total	0	g	
protein, total	16.2	g	57
alcohol	0	g	
water	79.2	g	
organic acids, total	0	g	
cholesterol	276	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	100	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.37	mg	
thiamin	0.34	mg	
riboflavin	2.4	mg	
niacin, preformed	5.7	mg	57
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.61	mg	
vitamin B-12	17	µg	
vitamin C	12	mg	57
folate, total	8	µg	
ash	1.33	g	
sodium	160	mg	57
potassium	280	mg	
calcium	11	mg	57
phosphorus	230	mg	57
magnesium	17	mg	57
iron, total	5.2	mg	
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