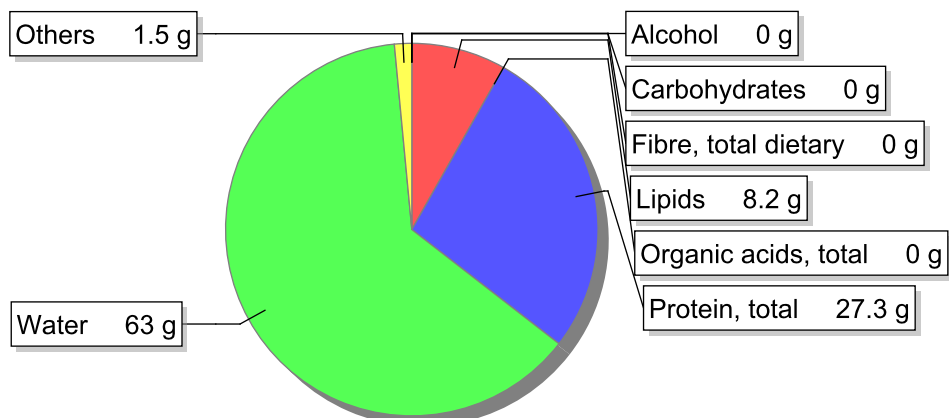


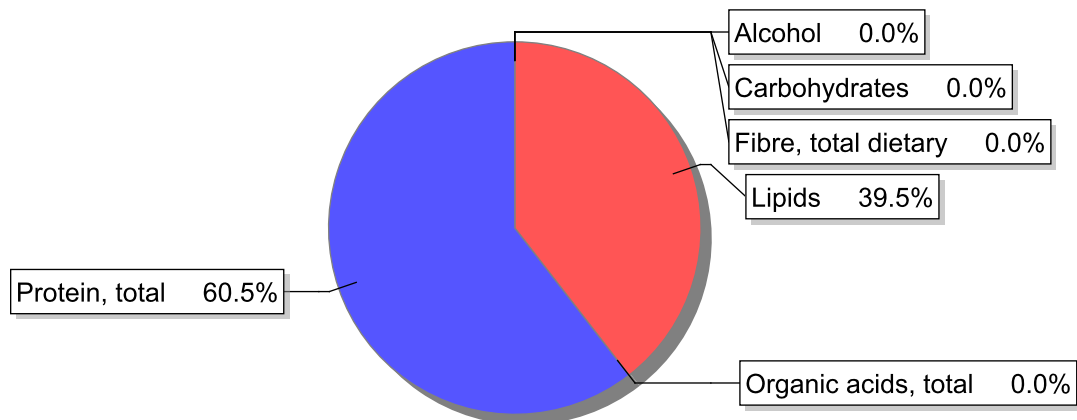
Food

Name: Hamburger, beef, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS294
FoodEX2 Code: A03XF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	183	kcal	
energy kJ, total metabolisable	768	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	3.7	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.5	g	
starch, total	0	g	
protein, total	27.3	g	
alcohol	0	g	
water	63	g	
organic acids, total	0	g	
cholesterol	86	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.06	mg	
riboflavin	0.18	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	9.6	mg	
niacin equivalents from tryptophan	5.8	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	17	µg	
ash	1.50	g	
sodium	190	mg	
potassium	350	mg	
calcium	13	mg	
phosphorus	220	mg	
magnesium	29	mg	
iron, total	2.2	mg	
zinc	4.9	mg	

Legend

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

References