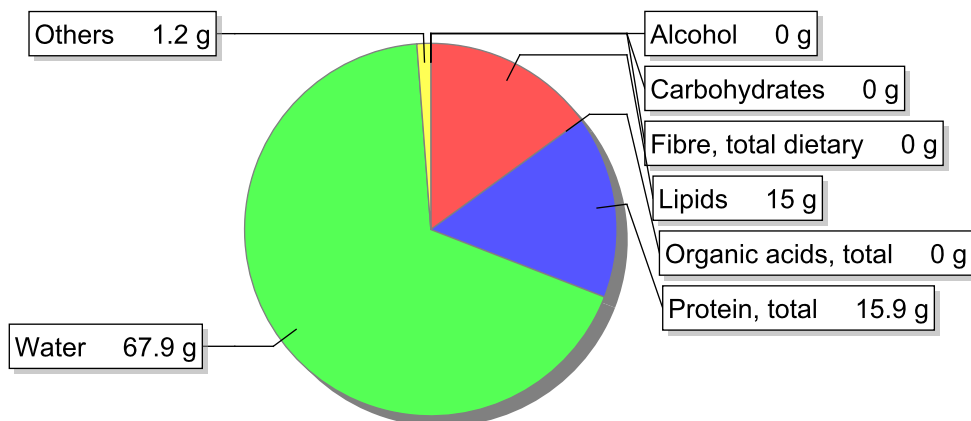


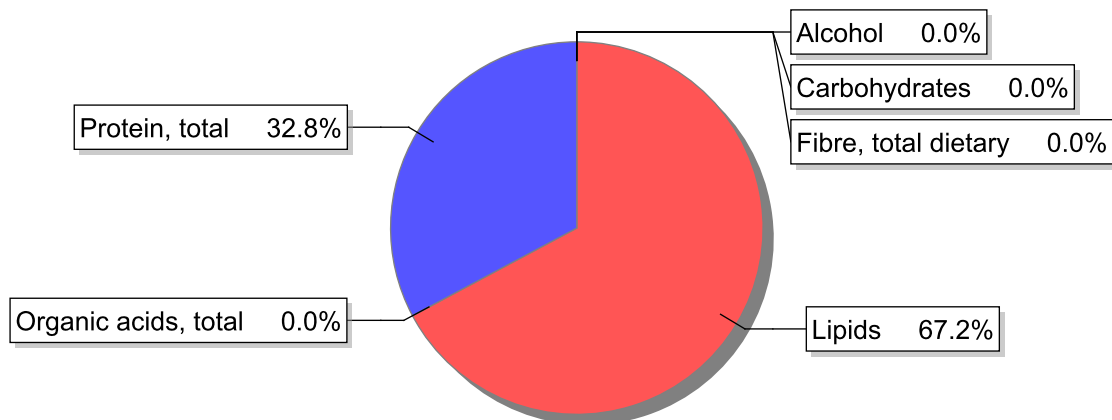
Food

Name: Tongue, ox, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 82%
Code: IS330
FoodEX2 Code: A020S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	199	kcal	
energy kJ, total metabolisable	825	kJ	
fatty acids, total saturated	5.7	g	
fatty acids, total monounsaturated	6.7	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.7	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
fibre, total dietary	0	g	
protein, total	15.9	g	
alcohol	0	g	
water	67.9	g	
organic acids, total	0	g	
cholesterol	89	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	0.28	mg	
thiamin	0.1	mg	
riboflavin	0.36	mg	
niacin, preformed	5.8	mg	
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	5	µg	
vitamin C	3	mg	
folate, total	6	µg	
ash	1.16	g	
sodium	96	mg	
potassium	300	mg	
calcium	8	mg	
phosphorus	160	mg	
magnesium	19	mg	
iron, total	3.8	mg	
zinc	3.3	mg	

Legend

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

References