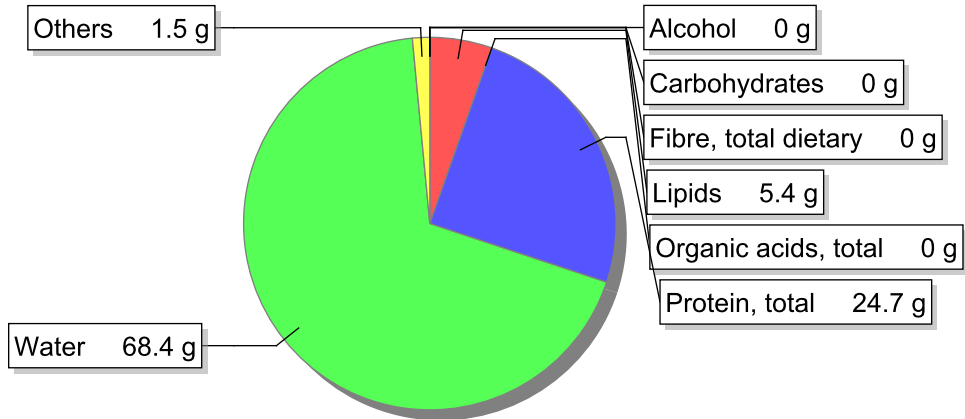


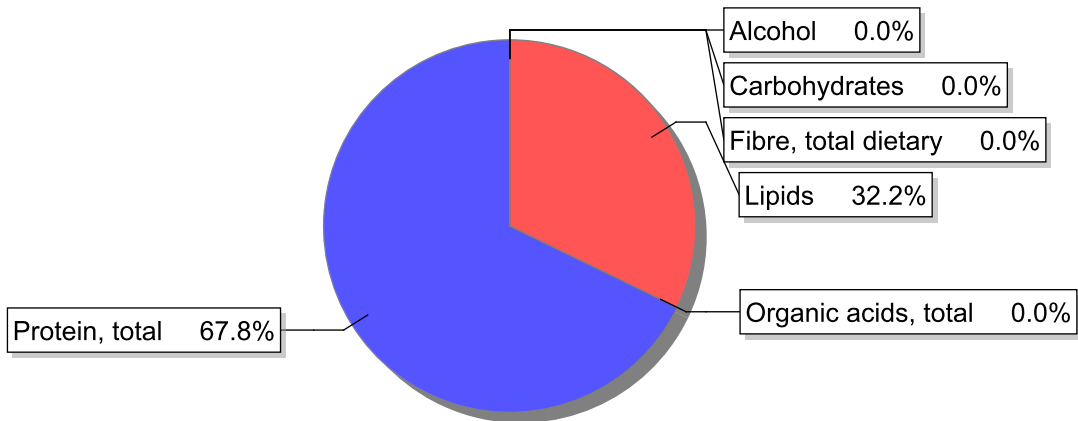
Food

Name: Horse, rump, fried, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 91%
Code: IS143
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	147	kcal	
energy kJ, total metabolisable	620	kJ	
fatty acids, total saturated	2.2	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.3	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	24.7	g	
alcohol	0	g	
water	68.4	g	
organic acids, total	0	g	
cholesterol	67	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	7	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.06	mg	
riboflavin	0.14	mg	
niacin, preformed	3.9	mg	
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	2.6	µg	
vitamin C	0	mg	
folate, total	17	µg	
ash	1.50	g	
sodium	220	mg	
potassium	300	mg	
calcium	10	mg	
phosphorus	230	mg	
magnesium	27	mg	
iron, total	4.4	mg	
zinc	3.4	mg	

Legend

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

References