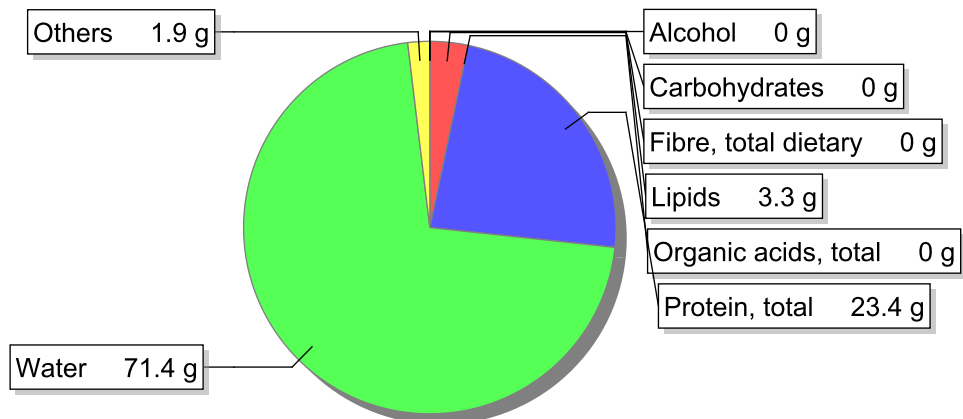


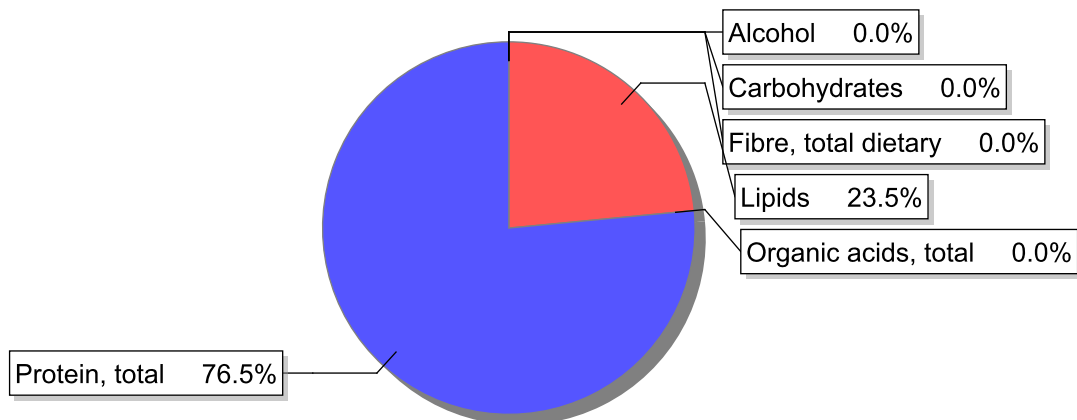
Food

Name: Heart, ox, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS318
FoodEX2 Code: A020T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	123	kcal	
energy kJ, total metabolisable	520	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.1	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	23.4	g	
alcohol	0	g	
water	71.4	g	
organic acids, total	0	g	
cholesterol	128	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.6	mg	
thiamin	0.43	mg	
riboflavin	0.49	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	8.8	mg	
niacin equivalents from tryptophan	5	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	12	µg	
vitamin C	6	mg	
folate, total	3.9	µg	
ash	1.60	g	
sodium	200	mg	
potassium	260	mg	
calcium	16	mg	
phosphorus	300	mg	
magnesium	27	mg	
iron, total	7.6	mg	
zinc	2.1	mg	

Legend

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

References