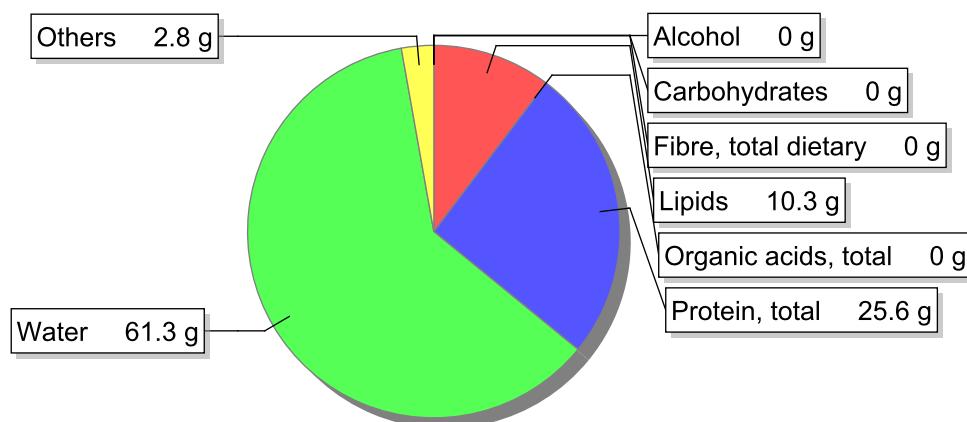


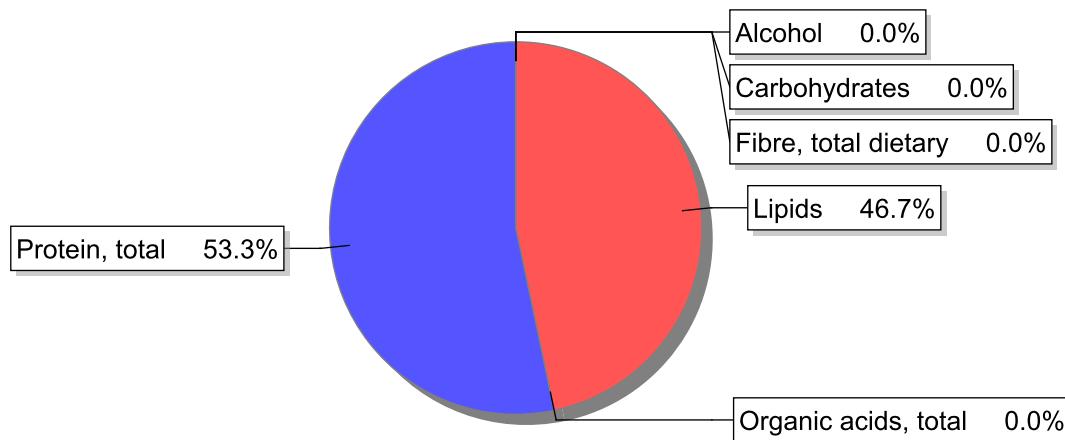
Food

Name: Mutton, leg, lean, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 70%
Code: IS108
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	195	kcal	
energy kJ, total metabolisable	816	kJ	
fatty acids, total saturated	4.5	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.6	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	25.6	g	
alcohol	0	g	
water	61.3	g	
organic acids, total	0	g	
cholesterol	96	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.8	µg	
alpha-tocopherol	0.05	mg	
thiamin	0.08	mg	
riboflavin	0.19	mg	
niacin, preformed	3.7	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	1.6	µg	
vitamin C	0	mg	
folate, total	5.3	µg	
ash	1.90	g	
sodium	260	mg	
potassium	230	mg	
calcium	19	mg	
phosphorus	270	mg	
magnesium	16	mg	
iron, total	2	mg	
zinc	2.6	mg	

Legend

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

References