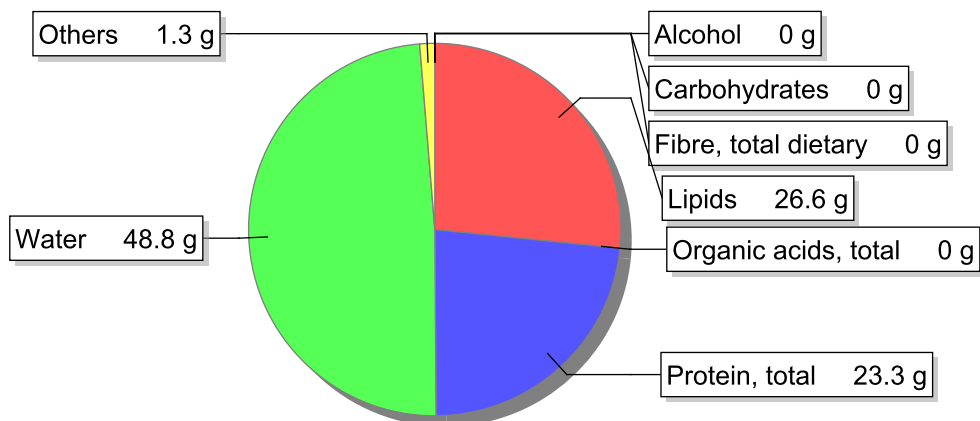


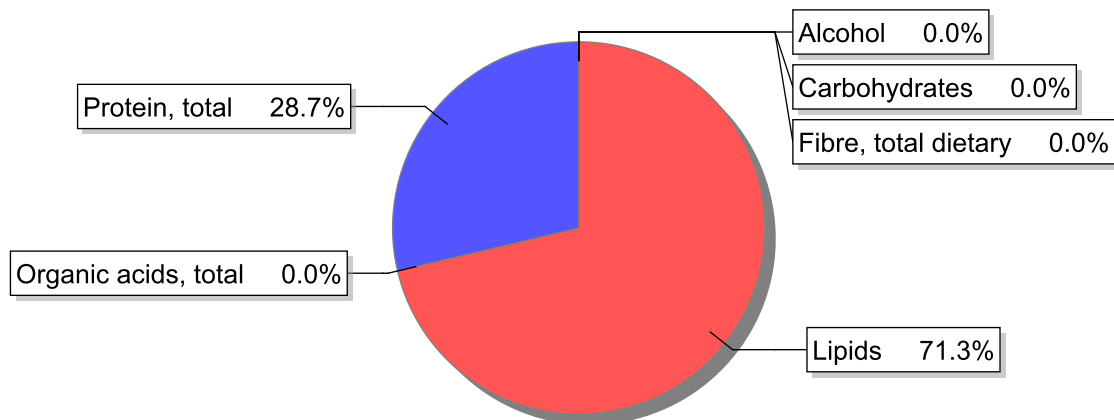
Food

Name: Mutton, breast, fat, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 78%
Code: IS103
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	333	kcal	
energy kJ, total metabolisable	1380	kJ	
fatty acids, total saturated	11.5	g	
fatty acids, total monounsaturated	8.6	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	1.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	23.3	g	
alcohol	0	g	
water	48.8	g	
organic acids, total	0	g	
cholesterol	130	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.18	mg	
riboflavin	0.26	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	7.6	mg	
niacin equivalents from tryptophan	4.3	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.91	µg	
vitamin C	0	mg	
folate, total	9.6	µg	
ash	1.30	g	
sodium	210	mg	
potassium	240	mg	
calcium	20	mg	
phosphorus	260	mg	
magnesium	17	mg	
iron, total	1.7	mg	
zinc	4.4	mg	

Legend

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

References