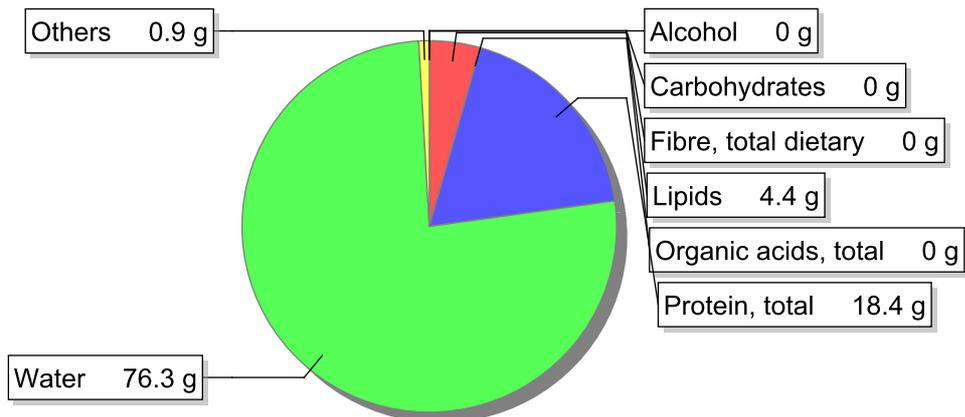


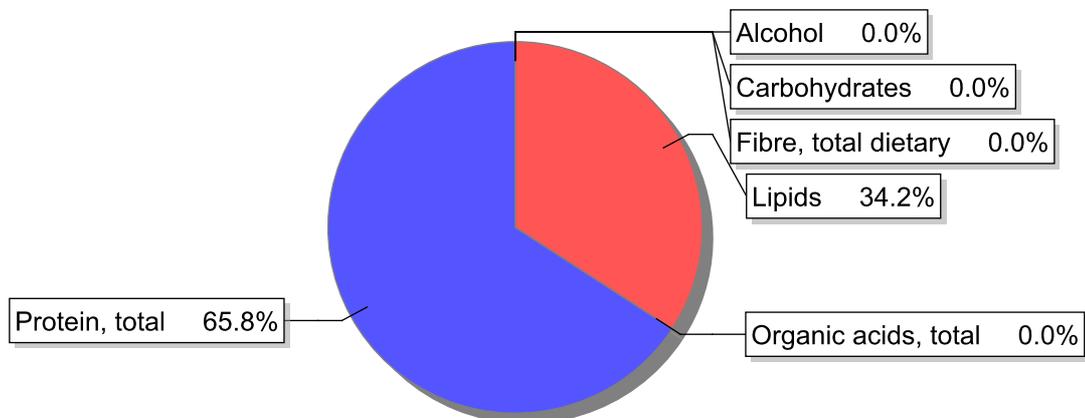
Food

Name: Heart, pork, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS315
FoodEX2 Code: A021C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	113	kcal	
energy kJ, total metabolisable	476	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	1.7	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	18.4	g	57
alcohol	0	g	
water	76.3	g	
organic acids, total	0	g	
cholesterol	92	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.7	µg	57
alpha-tocopherol	0.37	mg	
thiamin	0.52	mg	
riboflavin	0.97	mg	
niacin, preformed	5	mg	57
niacin equivalents, total	8.9	mg	
niacin equivalents from tryptophan	3.9	mg	
vitamin B-6, total	0.31	mg	
vitamin B-12	2	µg	
vitamin C	3	mg	57
folate, total	2	µg	
ash	1.18	g	
sodium	110	mg	57
potassium	320	mg	57
calcium	10	mg	57
phosphorus	280	mg	57
magnesium	22	mg	57
iron, total	2.7	mg	57
zinc	2.2	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB