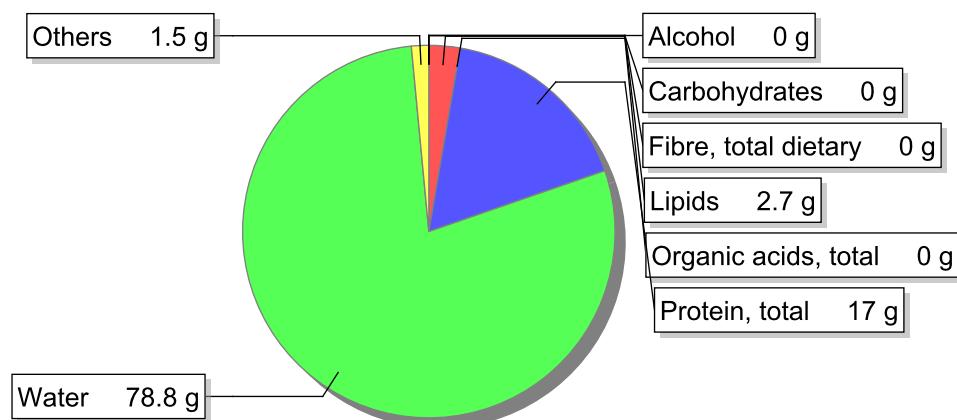


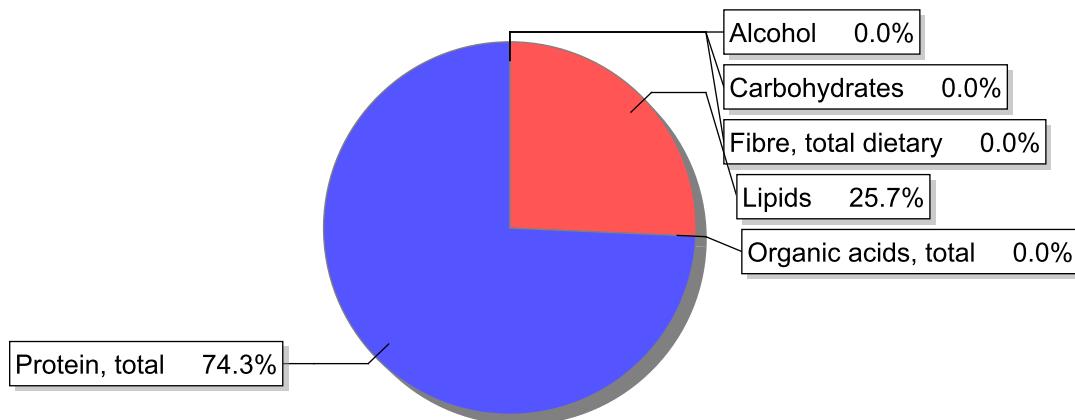
Food

Name: Heart, ox, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS317
FoodEX2 Code: A020T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	92	kcal	
energy kJ, total metabolisable	389	kJ	
fatty acids, total saturated	1.1	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	17	g	57
alcohol	0	g	
water	78.8	g	57
organic acids, total	0	g	
cholesterol	91	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.3	µg	
alpha-tocopherol	0.45	mg	
thiamin	0.4	mg	57
riboflavin	0.4	mg	57
niacin, preformed	5	mg	57
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	13	µg	
vitamin C	6	mg	
folate, total	4	µg	57
ash	1.04	g	
sodium	100	mg	57
potassium	290	mg	57
calcium	13	mg	57
phosphorus	280	mg	57
magnesium	20	mg	57
iron, total	5	mg	57
zinc	1.6	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