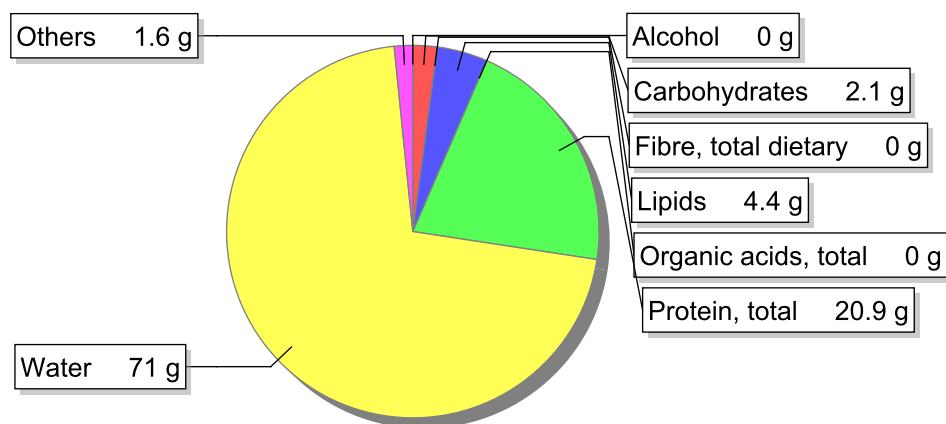


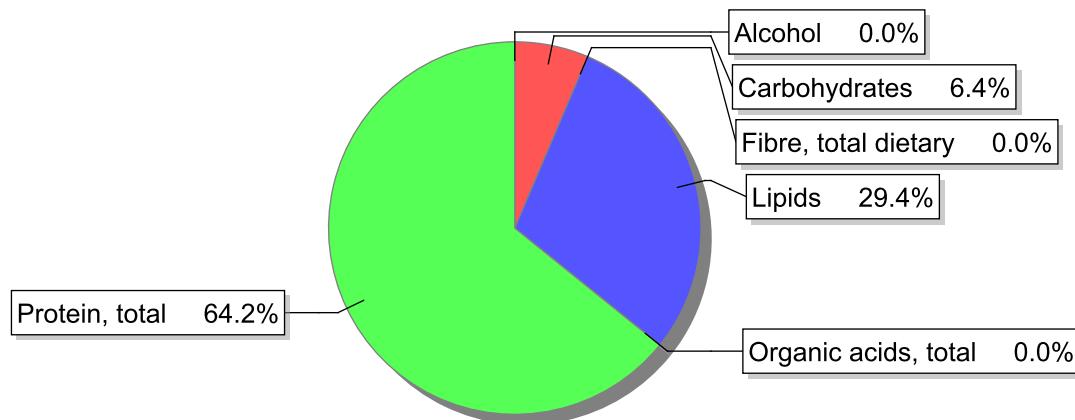
## Food

**Name:** Liver, ox, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Offals  
**Edible Part:** 100%  
**Code:** IS324  
**FoodEX2 Code:** A01XG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	132	kcal	
energy kJ, total metabolisable	554	kJ	
fatty acids, total saturated	1.7	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.2	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	20.9	g	57
alcohol	0	g	
water	71	g	57
organic acids, total	0	g	
cholesterol	283	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	9600	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	1.1	µg	
alpha-tocopherol	0.42	mg	
thiamin	0.45	mg	57
riboflavin	3.2	mg	
niacin, preformed	10	mg	57
niacin equivalents, total	14	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.87	mg	
vitamin B-12	110	µg	
vitamin C	27	mg	57
folate, total	330	µg	
ash	1.42	g	
sodium	130	mg	57
potassium	350	mg	57
calcium	12	mg	57
phosphorus	280	mg	57
magnesium	19	mg	57
iron, total	5.7	mg	57
zinc	2.6	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