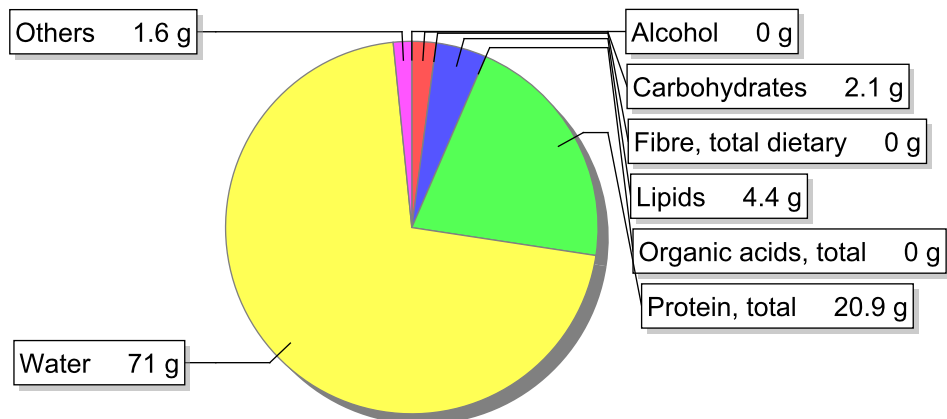


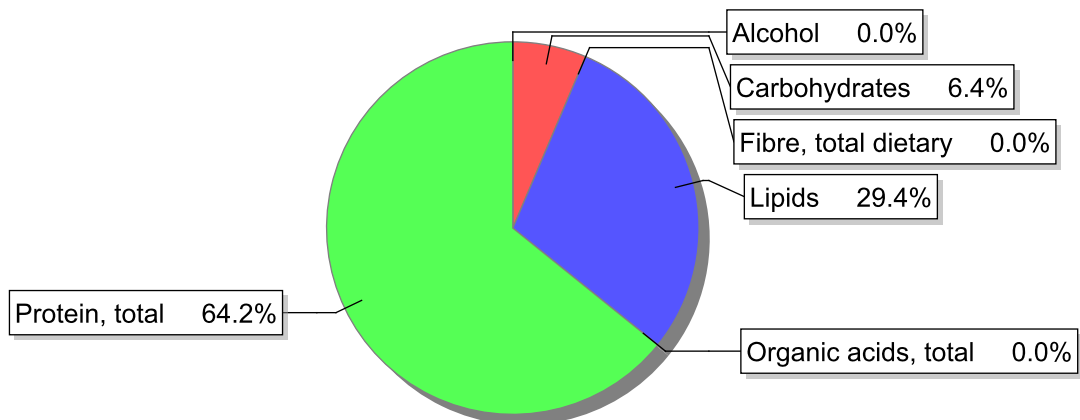
Food

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