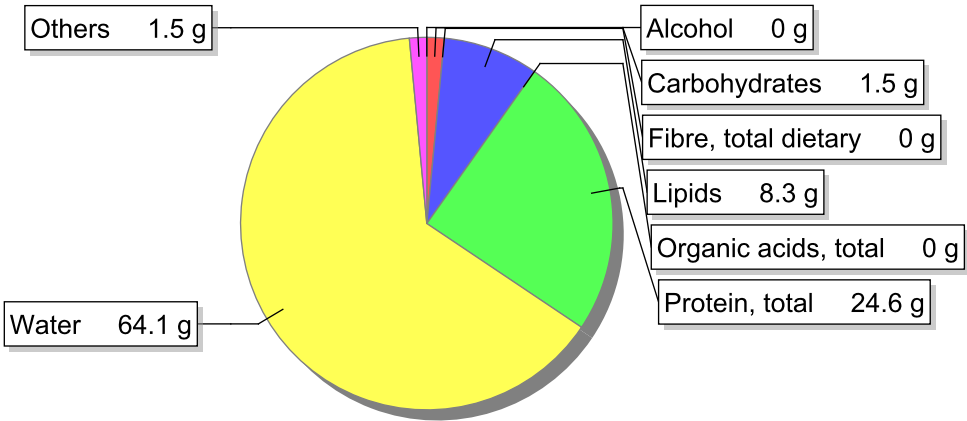


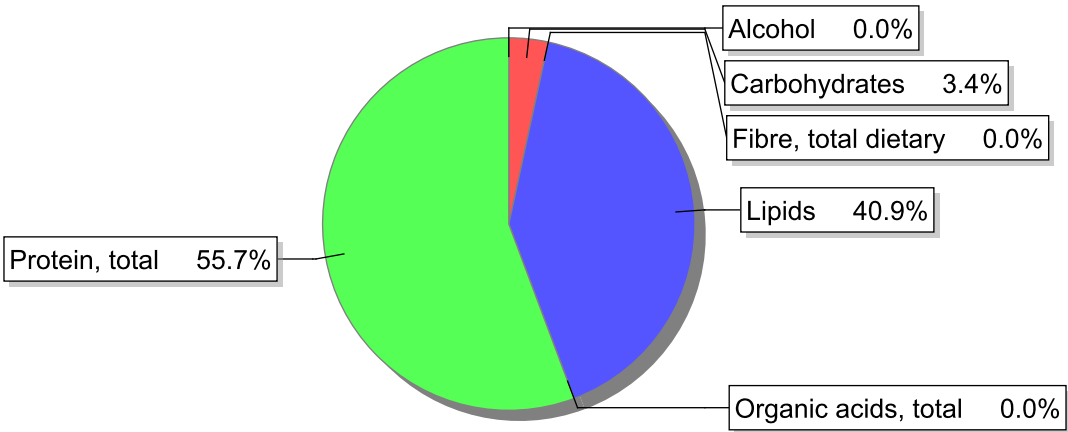
Food

Name: Liver, veal, fried, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS329
FoodEX2 Code: A01XH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	179	kcal	
energy kJ, total metabolisable	751	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	3.6	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	1.5	g	
protein, total	24.6	g	
alcohol	0	g	
water	64.1	g	
organic acids, total	0	g	
cholesterol	310	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11400	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.54	mg	
thiamin	0.28	mg	
riboflavin	2	mg	
niacin, preformed	12	mg	
niacin equivalents, total	17	mg	
niacin equivalents from tryptophan	5.4	mg	
vitamin B-6, total	0.53	mg	
vitamin B-12	69	µg	
vitamin C	31	mg	
folate, total	170	µg	
ash	1.50	g	
sodium	120	mg	
potassium	370	mg	
calcium	15	mg	
phosphorus	330	mg	
magnesium	25	mg	
iron, total	7.9	mg	
zinc	5.4	mg	

Legend

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

References