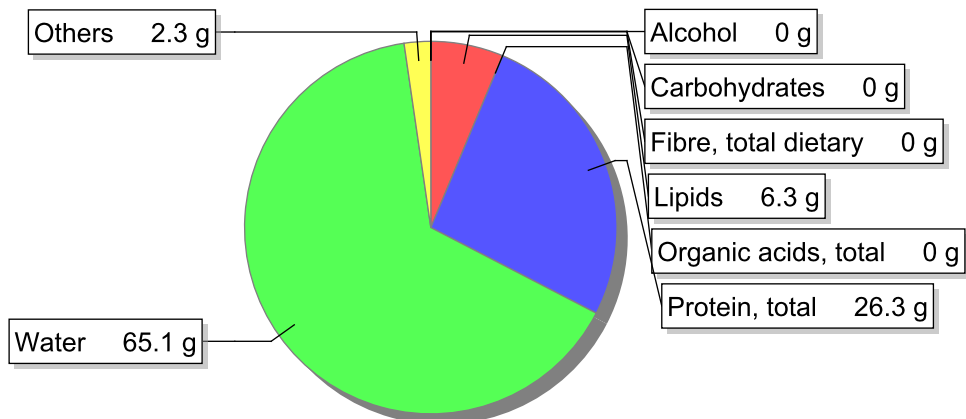


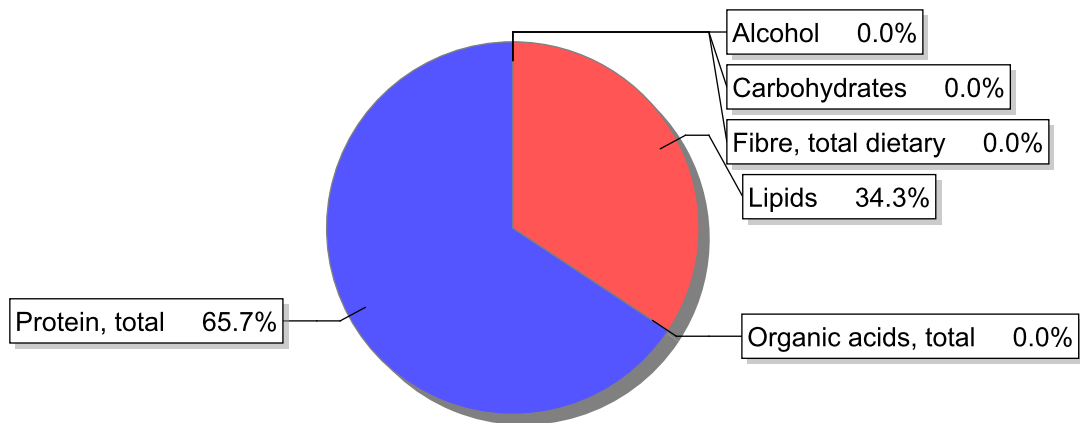
Food

Name: Liver, pork, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS322
FoodEX2 Code: A01XJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	162	kcal	
energy kJ, total metabolisable	680	kJ	
fatty acids, total saturated	2.2	g	
fatty acids, total monounsaturated	2.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	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	26.3	g	
alcohol	0	g	
water	65.1	g	
organic acids, total	0	g	
cholesterol	267	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10700	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.4	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.46	mg	
riboflavin	4.2	mg	
niacin, preformed	17	mg	
niacin equivalents, total	23	mg	
niacin equivalents from tryptophan	5.6	mg	
vitamin B-6, total	0.61	mg	
vitamin B-12	23	µg	
vitamin C	28	mg	
folate, total	330	µg	
ash	2.30	g	
sodium	270	mg	
potassium	350	mg	
calcium	19	mg	
phosphorus	340	mg	
magnesium	38	mg	
iron, total	9.8	mg	
zinc	3.7	mg	

Legend

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

References