

Food

Name: Sauce from beef steak fried in butter

Group: Soups, sauces and miscellaneous foods

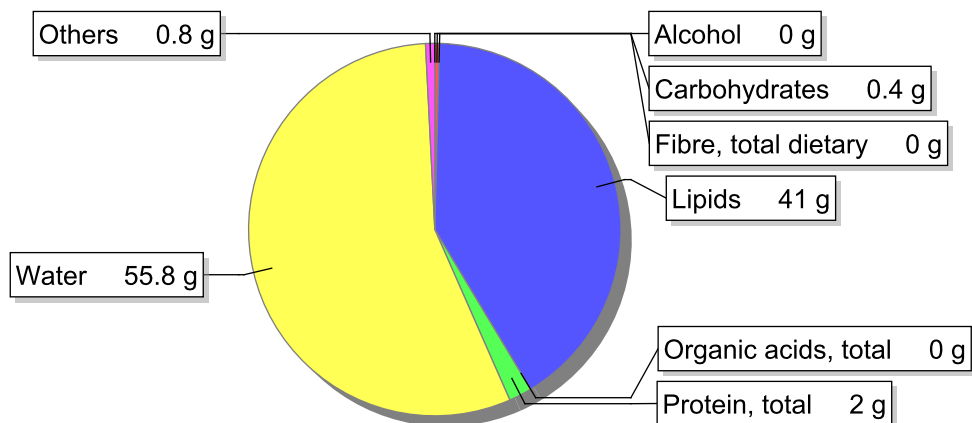
Subgroup: Sauces

Edible Part: 100%

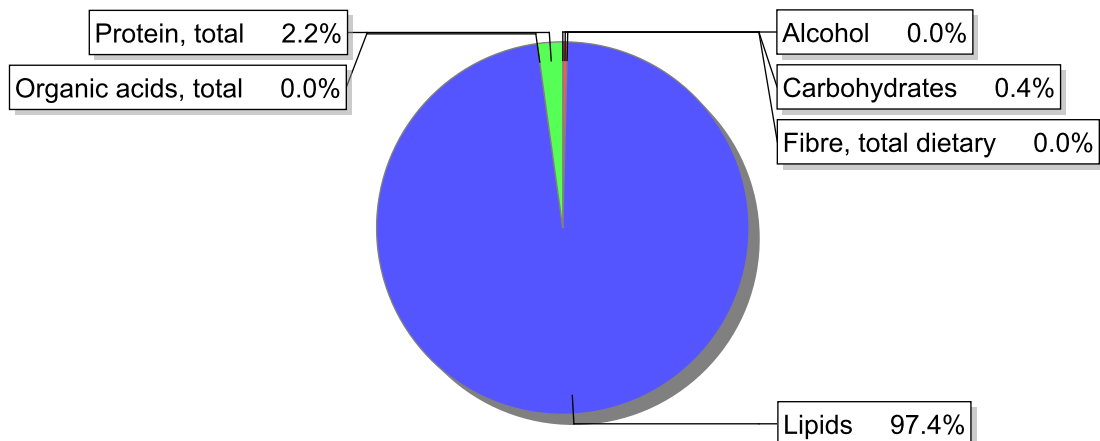
Code: IS934

FoodEX2 Code: A16BR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	379	kcal	
energy kJ, total metabolisable	1560	kJ	
fatty acids, total saturated	23.2	g	
fatty acids, total monounsaturated	9.6	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	1.7	g	
sugars, total	0.4	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.4	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	2	g	
alcohol	0	g	
water	55.8	g	
organic acids, total	0	g	
cholesterol	121	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	224	µg	
carotene, total (vitamin A precursors)	18	µg	
vitamin D	0.1	µg	
alpha-tocopherol	1	mg	
thiamin	0.01	mg	
riboflavin	0.03	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0.14	µg	
vitamin C	0	mg	
folate, total	1.4	µg	
ash	1.10	g	
sodium	470	mg	
potassium	46	mg	
calcium	10	mg	
phosphorus	27	mg	
magnesium	4	mg	
iron, total	0.3	mg	
zinc	0.5	mg	

Legend

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

References