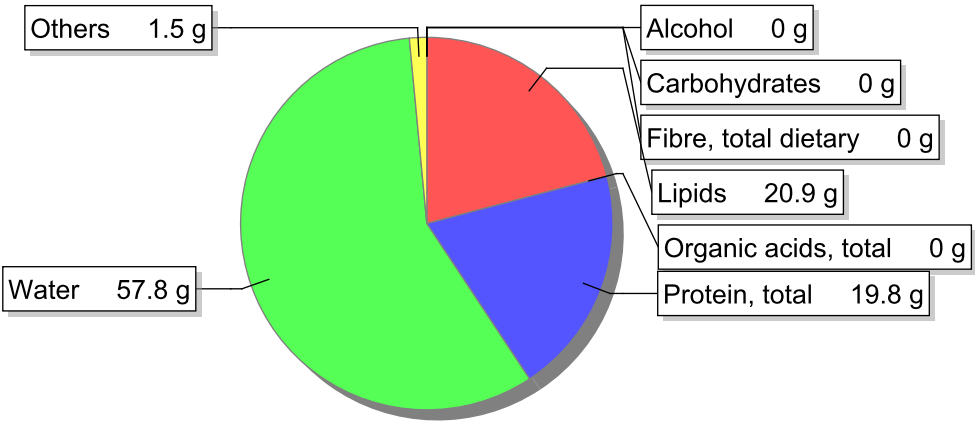


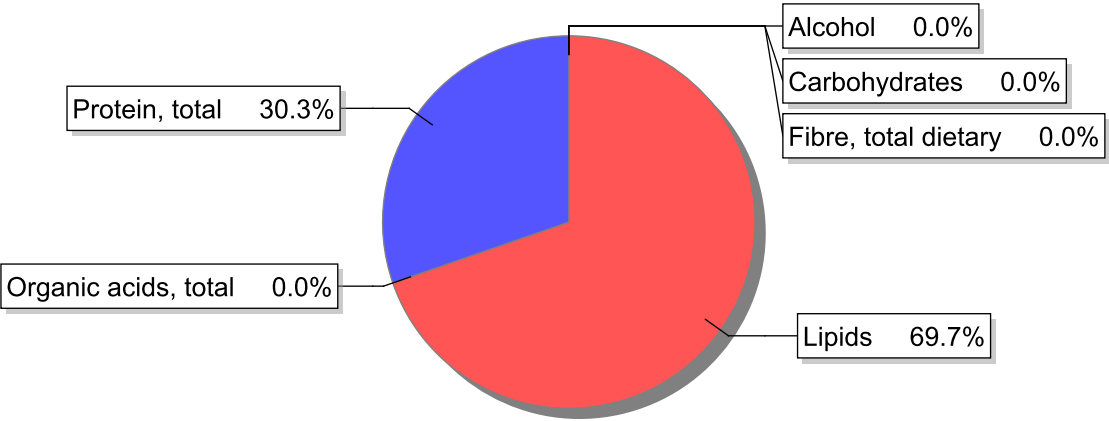
Food

Name: Tongue, ox, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS331
FoodEX2 Code: A16ER

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	267	kcal	
energy kJ, total metabolisable	1110	kJ	
fatty acids, total saturated	8	g	
fatty acids, total monounsaturated	9.3	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	0.9	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	19.8	g	
alcohol	0	g	
water	57.8	g	
organic acids, total	0	g	
cholesterol	95	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.09	mg	
riboflavin	0.5	mg	
niacin, preformed	6.5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.2	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	4.6	µg	
vitamin C	3	mg	
folate, total	6	µg	
ash	1.50	g	
sodium	220	mg	
potassium	380	mg	
calcium	9	mg	
phosphorus	160	mg	
magnesium	24	mg	
iron, total	6.2	mg	
zinc	3.9	mg	

Legend

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

References