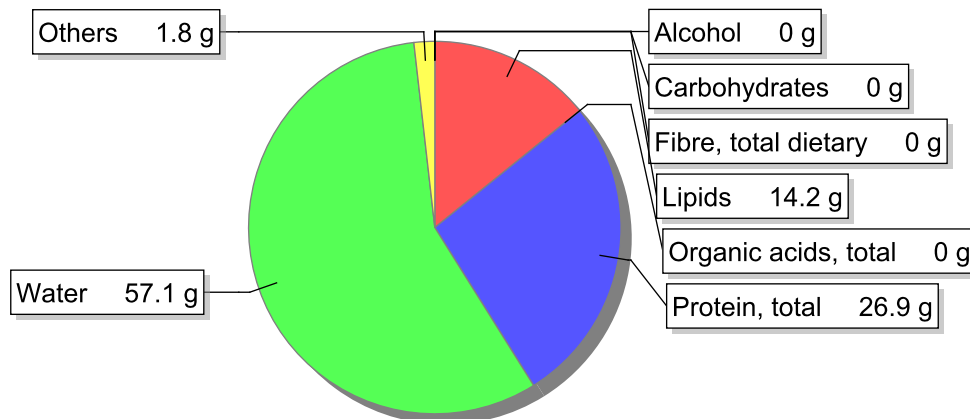


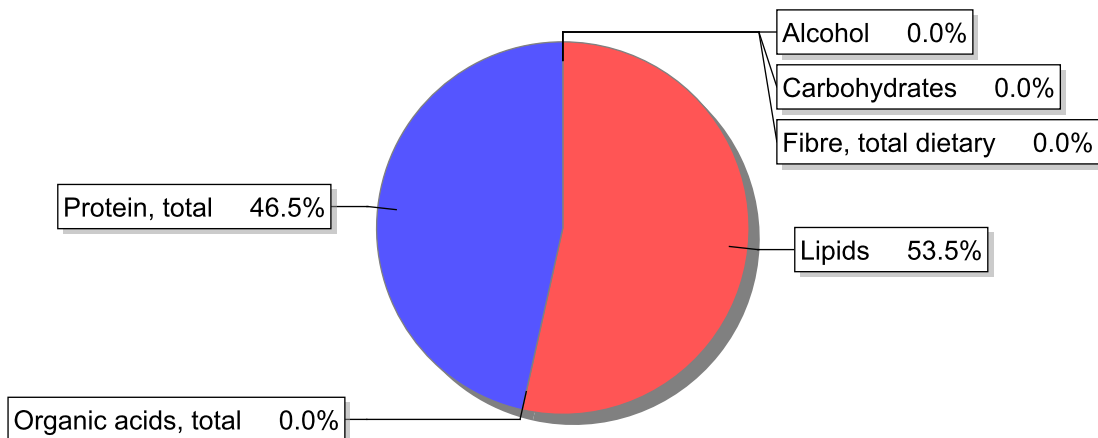
Food

Name: Pork, spare ribs, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 72%
Code: IS157
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	235	kcal	
energy kJ, total metabolisable	983	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	4.7	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	2.0	g	
fatty acids, total trans	0.1	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	26.9	g	
alcohol	0	g	
water	57.1	g	
organic acids, total	0	g	
cholesterol	96	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.09	mg	
thiamin	0.33	mg	
riboflavin	0.27	mg	
niacin, preformed	5.5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.7	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0.92	µg	
vitamin C	0	mg	
folate, total	0.8	µg	
ash	1.70	g	
sodium	210	mg	
potassium	270	mg	
calcium	14	mg	
phosphorus	170	mg	
magnesium	21	mg	
iron, total	1.2	mg	
zinc	2.7	mg	

Legend

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

References