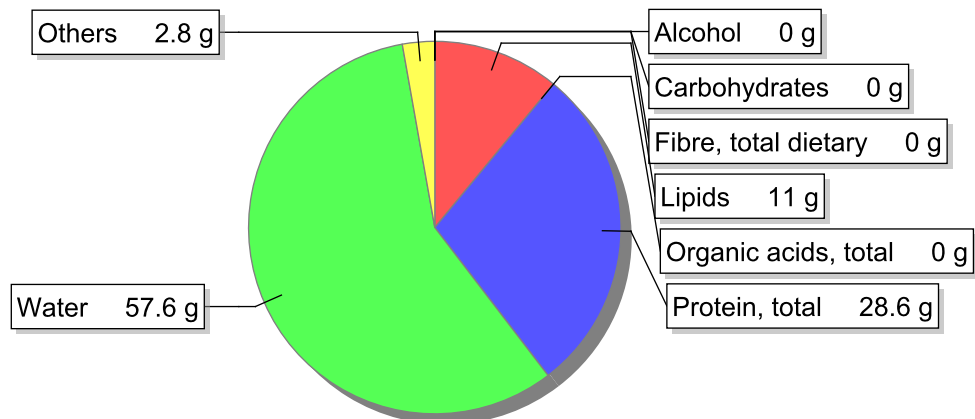


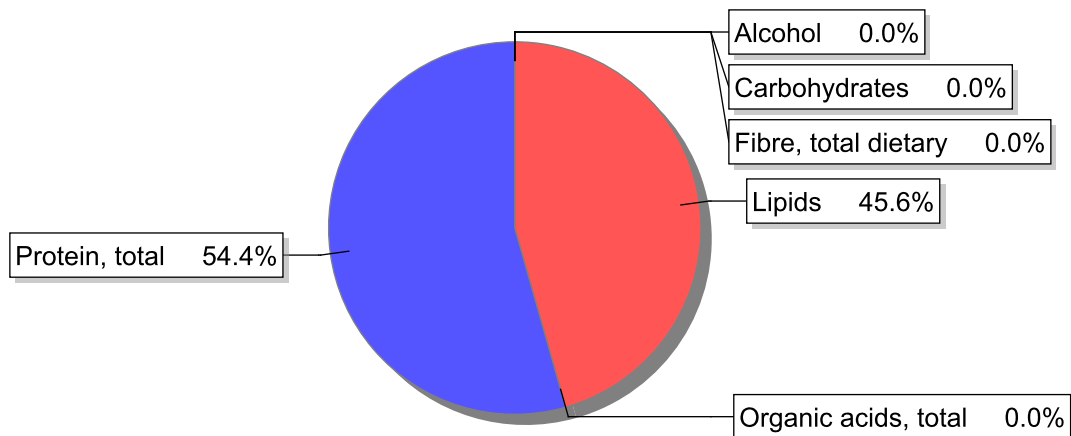
### Food

**Name:** Pork, leg lean, stewed, no sauce  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 81%  
**Code:** IS160  
**FoodEX2 Code:** A01RG

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	213	kcal	
energy kJ, total metabolisable	893	kJ	
fatty acids, total saturated	3.8	g	
fatty acids, total monounsaturated	3.6	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
starch, total	0	g	
protein, total	28.6	g	
alcohol	0	g	
water	57.6	g	
organic acids, total	0	g	
cholesterol	87	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	0.1	mg	
thiamin	0.46	mg	
riboflavin	0.29	mg	
niacin, preformed	5.3	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	6.1	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0.53	µg	
vitamin C	0	mg	
folate, total	1	µg	
ash	1.80	g	
sodium	260	mg	
potassium	400	mg	
calcium	15	mg	
phosphorus	160	mg	
magnesium	25	mg	
iron, total	1	mg	
zinc	3.1	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB