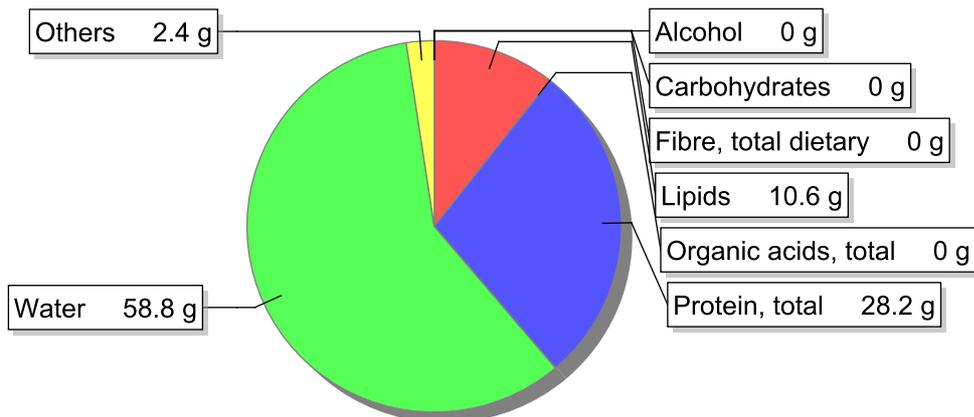


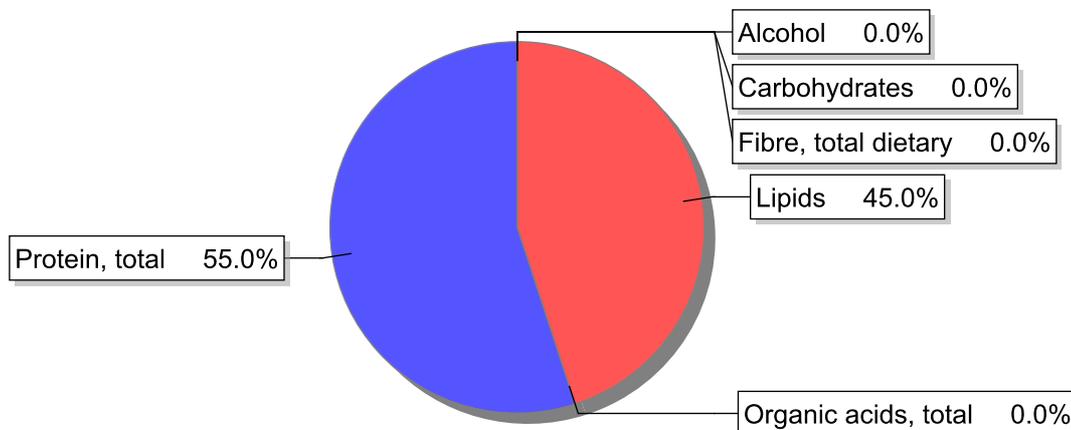
Food

Name: Pork, loin, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS185
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	208	kcal	
energy kJ, total metabolisable	872	kJ	
fatty acids, total saturated	4.2	g	
fatty acids, total monounsaturated	3.5	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.3	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.1	g	
fibre, total dietary	0	g	
protein, total	28.2	g	
alcohol	0	g	
water	58.8	g	
organic acids, total	0	g	
cholesterol	79	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	41	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.1	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.73	mg	
riboflavin	0.22	mg	
niacin, preformed	5.6	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	6	mg	
vitamin B-6, total	0.44	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	5.6	µg	
ash	2.40	g	
sodium	450	mg	
potassium	490	mg	
calcium	9	mg	
phosphorus	280	mg	
magnesium	30	mg	
iron, total	0.9	mg	
zinc	2	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB