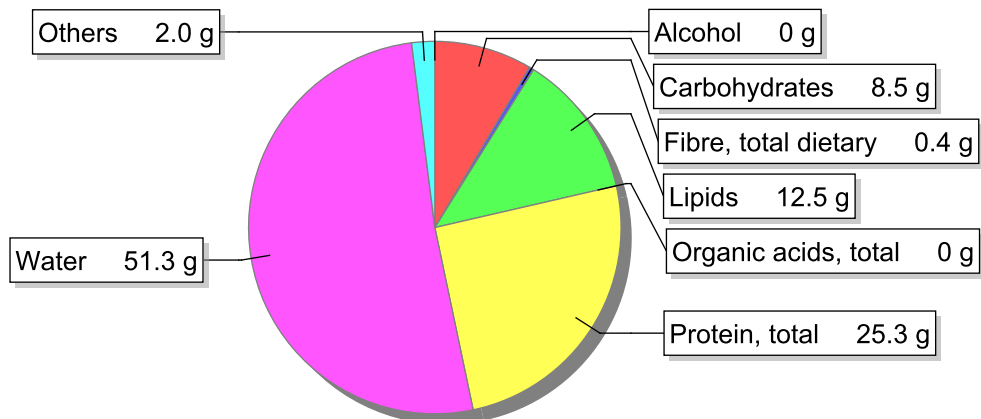


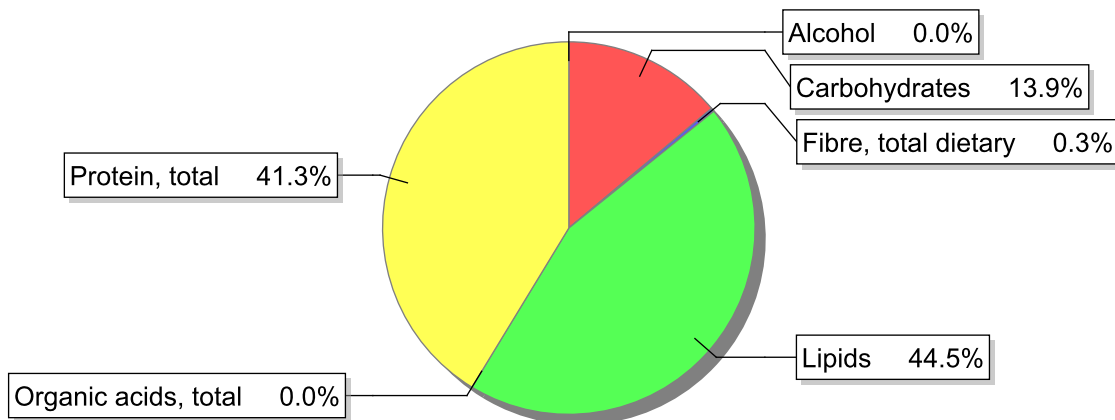
Food

Name: Pork, loin, breaded, fried
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS192
FoodEX2 Code: A03VV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	249	kcal	
energy kJ, total metabolisable	1040	kJ	
fatty acids, total saturated	2.7	g	
fatty acids, total monounsaturated	3.4	g	
fatty acids, total polyunsaturated	5	g	
fatty acid 18:2 n-6 cis,cis	4.8	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.4	g	
protein, total	25.3	g	
alcohol	0	g	
water	51.3	g	
organic acids, total	0	g	
cholesterol	112	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.8	mg	
thiamin	0.62	mg	
riboflavin	0.25	mg	
niacin, preformed	5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.6	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	2.00	g	
sodium	360	mg	
potassium	400	mg	
calcium	20	mg	
phosphorus	260	mg	
magnesium	32	mg	
iron, total	1.2	mg	
zinc	1.9	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB