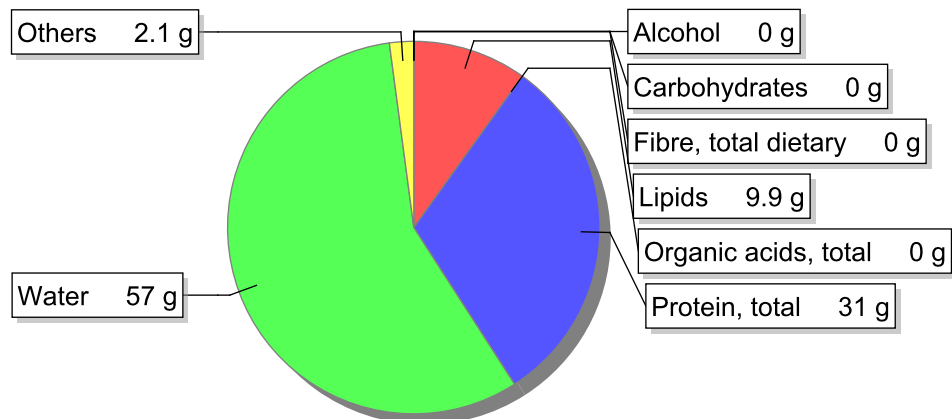


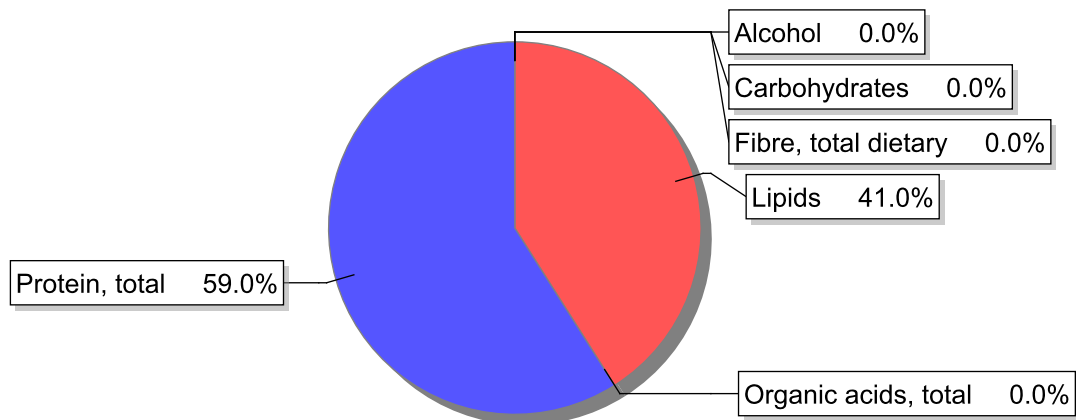
Food

Name: Pork, leg , lean, roasted, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 81%
Code: IS179
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	3.4	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	0	g	
protein, total	31	g	
alcohol	0	g	
water	57	g	
organic acids, total	0	g	
cholesterol	93	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	0.11	mg	
thiamin	0.55	mg	
riboflavin	0.34	mg	
niacin, preformed	8.4	mg	
niacin equivalents, total	15	mg	
niacin equivalents from tryptophan	6.6	mg	
vitamin B-6, total	0.43	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	1.4	µg	
ash	2.00	g	
sodium	240	mg	
potassium	450	mg	
calcium	17	mg	
phosphorus	220	mg	
magnesium	36	mg	
iron, total	1.1	mg	
zinc	4.2	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB