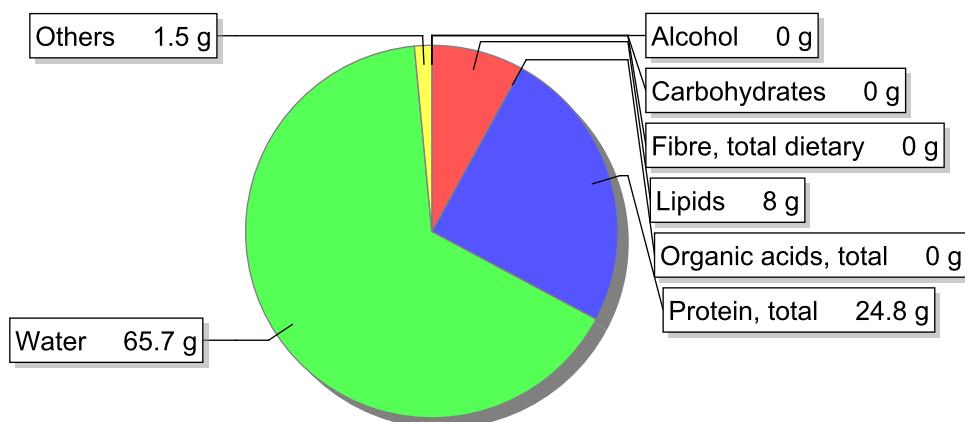


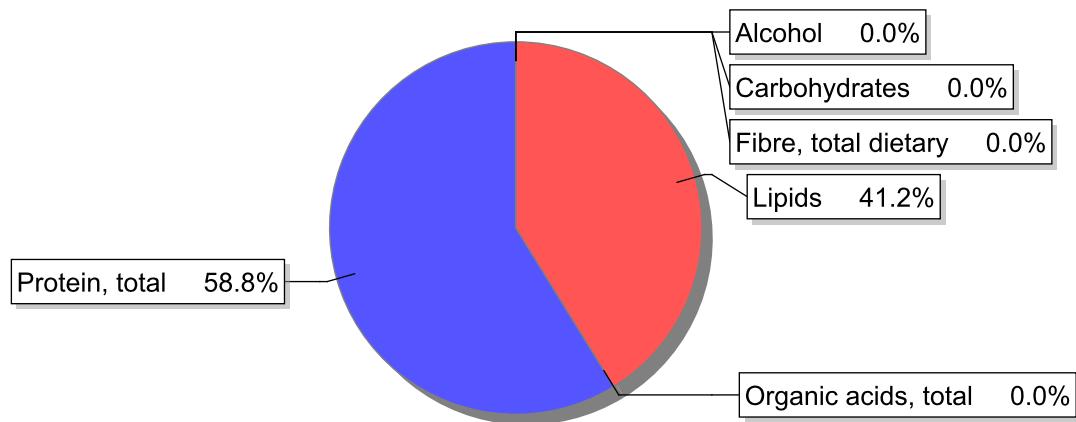
Food

Name: Veal, breast, lean, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 76%
Code: IS225
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	171	kcal	
energy kJ, total metabolisable	718	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	3.8	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	24.8	g	
alcohol	0	g	
water	65.7	g	
organic acids, total	0	g	
cholesterol	117	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.32	mg	
thiamin	0.18	mg	
riboflavin	0.27	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	9.9	mg	
niacin equivalents from tryptophan	5.3	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.97	µg	
vitamin C	0	mg	
folate, total	5.3	µg	
ash	1.20	g	
sodium	150	mg	
potassium	290	mg	
calcium	12	mg	
phosphorus	210	mg	
magnesium	19	mg	
iron, total	1.5	mg	
zinc	4.6	mg	

Legend

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

References