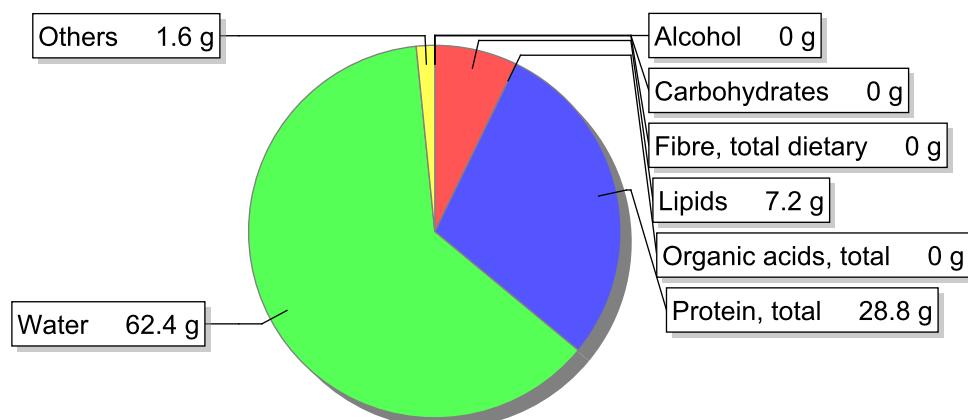


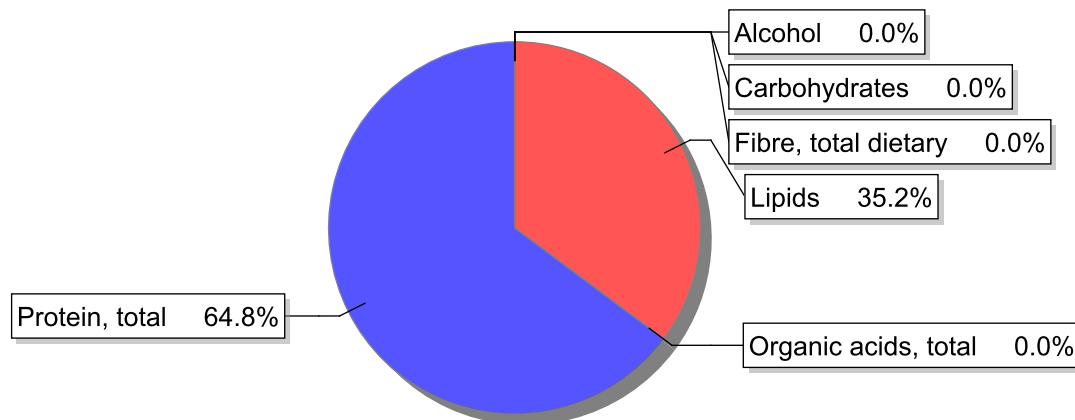
Food

Name: Pork, loin, fried with butter
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS193
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 180 | kcal | |
| energy kJ, total metabolisable | 756 | kJ | |
| fatty acids, total saturated | 2.6 | g | |
| fatty acids, total monounsaturated | 2.6 | g | |
| fatty acids, total polyunsaturated | 1.1 | g | |
| fatty acid 18:2 n-6 cis,cis | 1.0 | g | |
| fatty acids, total trans | 0.2 | g | |
| sugars, total | 0 | g | |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|---|-------|------|-----------|
| lactose | 0 | g | |
| salt | 0.4 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 28.8 | g | |
| alcohol | 0 | g | |
| water | 62.4 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 85 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 40 | µg | |
| carotene, total (vitamin A precursors) | 0 | µg | |
| vitamin D | 0.7 | µg | |
| alpha-tocopherol | 0.59 | mg | |
| thiamin | 0.48 | mg | |
| riboflavin | 0.19 | mg | |
| niacin, preformed | 5.4 | mg | |
| niacin equivalents, total | 12 | mg | |
| niacin equivalents from tryptophan | 6.1 | mg | |
| vitamin B-6, total | 0.36 | mg | |
| vitamin B-12 | 1.1 | µg | |
| vitamin C | 0 | mg | |
| folate, total | 5.9 | µg | |
| ash | 1.60 | g | |
| sodium | 160 | mg | |
| potassium | 380 | mg | |
| calcium | 9 | mg | |
| phosphorus | 260 | mg | |
| magnesium | 29 | mg | |
| iron, total | 0.8 | mg | |
| zinc | 2.2 | mg | |

Legend

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

References

| Id | Reference |
|------|------------------------|
| 1138 | TDS_Iodo_2016_INSA_LAB |