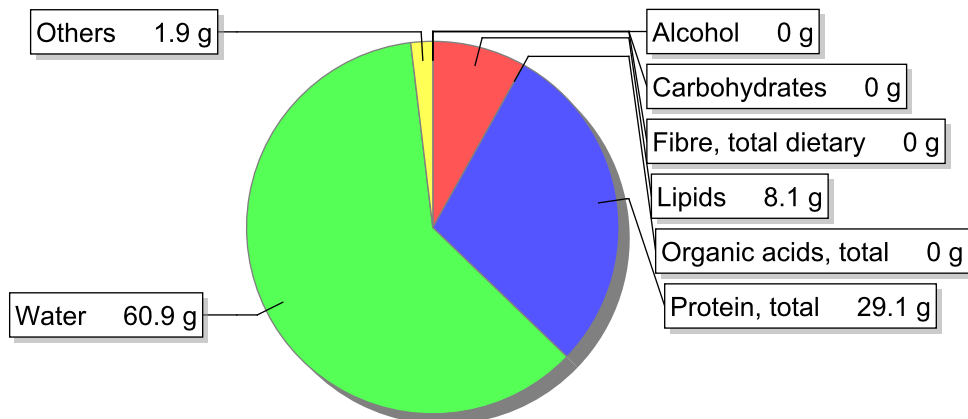


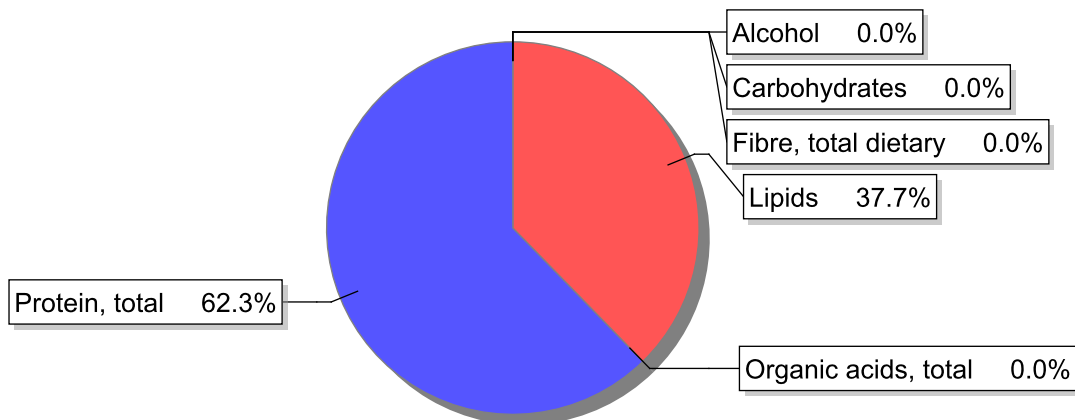
Food

Name: Pork, loin, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS176
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	189	kcal	
energy kJ, total metabolisable	794	kJ	
fatty acids, total saturated	2.8	g	
fatty acids, total monounsaturated	2.8	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.3	g	
fatty acids, total trans	0	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	29.1	g	
alcohol	0	g	
water	60.9	g	
organic acids, total	0	g	
cholesterol	81	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	29	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.8	µg	
alpha-tocopherol	0.06	mg	
thiamin	0.77	mg	
riboflavin	0.19	mg	
niacin, preformed	5.5	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	6.2	mg	
vitamin B-6, total	0.42	mg	
vitamin B-12	0.97	µg	
vitamin C	0	mg	
folate, total	5.9	µg	
ash	1.90	g	
sodium	170	mg	
potassium	440	mg	
calcium	10	mg	
phosphorus	270	mg	
magnesium	32	mg	
iron, total	0.7	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