

Food

Name: Beef, boiling or stewing, lean, boiled

Group: Meat and meat products, fowl and game meat

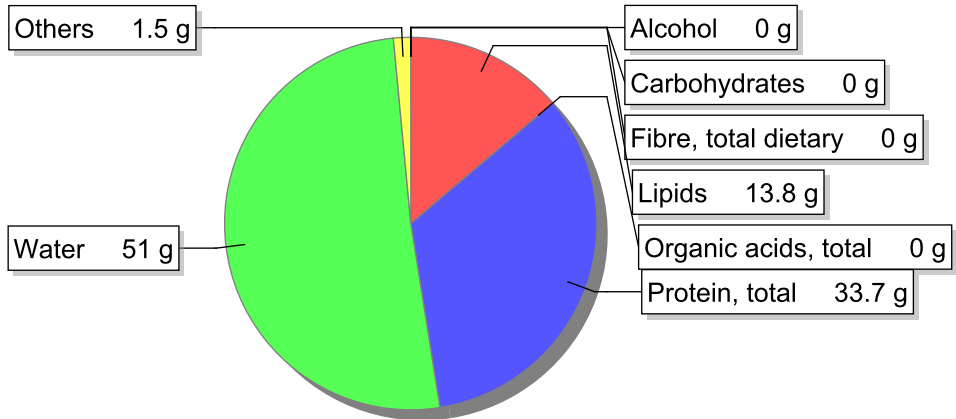
Subgroup: Meat

Edible Part: 100%

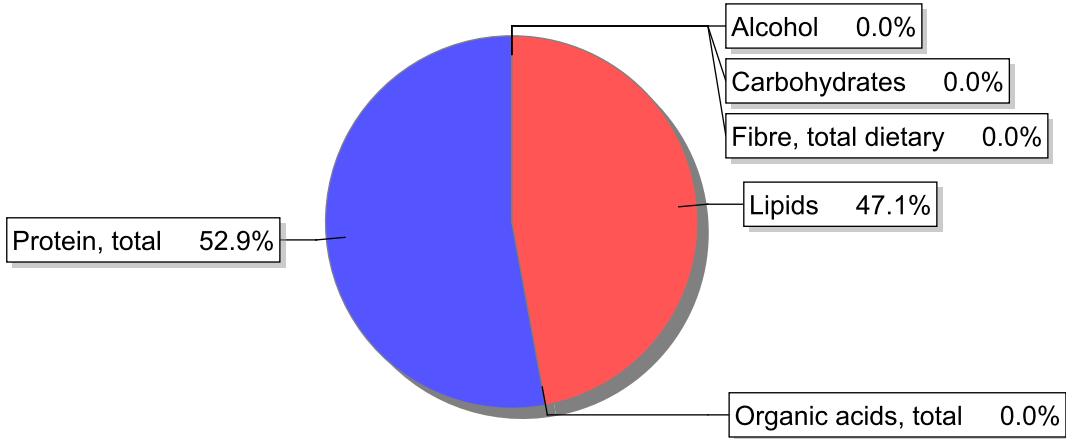
Code: IS199

FoodEX2 Code: A01QX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	259	kcal	
energy kJ, total metabolisable	1080	kJ	
fatty acids, total saturated	5.4	g	
fatty acids, total monounsaturated	6.2	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0.6	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	33.7	g	
alcohol	0	g	
water	51	g	
organic acids, total	0	g	
cholesterol	104	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.1	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.05	mg	
riboflavin	0.21	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	7.2	mg	
vitamin B-6, total	0.31	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	7	µg	
ash	1.50	g	
sodium	200	mg	
potassium	430	mg	
calcium	20	mg	
phosphorus	260	mg	
magnesium	34	mg	
iron, total	1.8	mg	
zinc	8.7	mg	

Legend

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

References