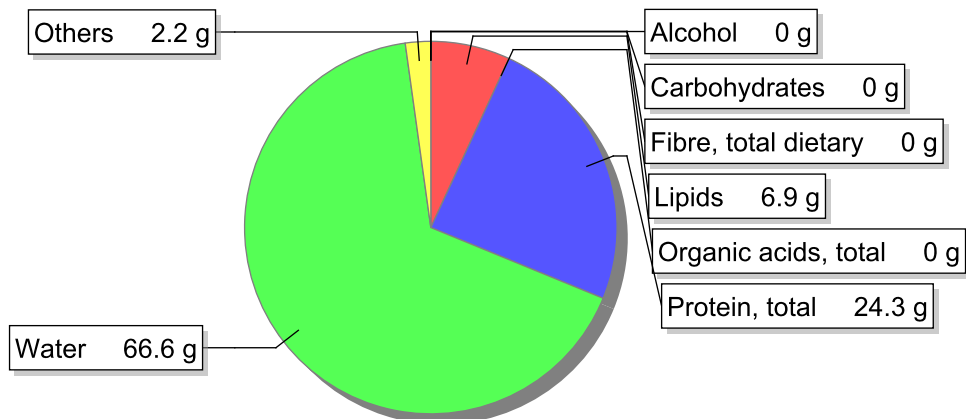


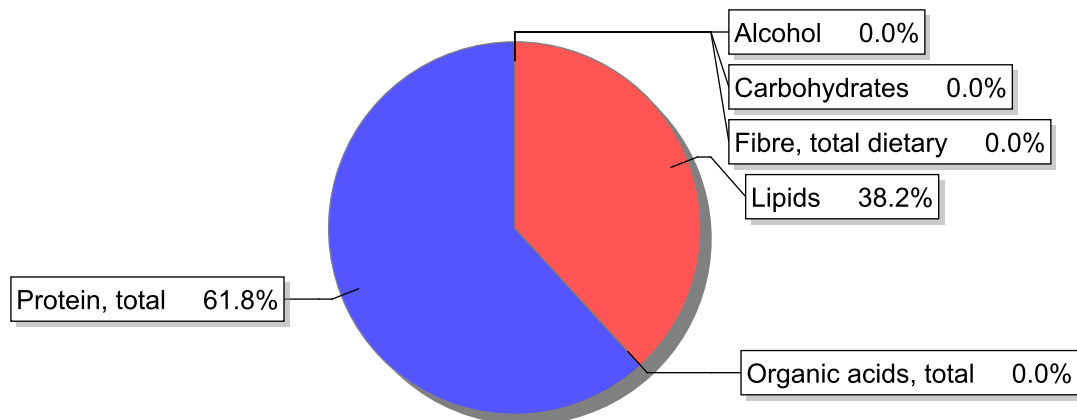
### Food

**Name:** Veal, loin chop, fried, no sauce  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 76%  
**Code:** IS239  
**FoodEX2 Code:** A01QY

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	159	kcal	
energy kJ, total metabolisable	668	kJ	
fatty acids, total saturated	3.1	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.5	g	
fibre, total dietary	0	g	
protein, total	24.3	g	
alcohol	0	g	
water	66.6	g	
organic acids, total	0	g	
cholesterol	94	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	6	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.14	mg	
riboflavin	0.23	mg	
niacin, preformed	6.8	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	5.5	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	5.8	µg	
ash	2.20	g	
sodium	200	mg	
potassium	350	mg	
calcium	15	mg	
phosphorus	250	mg	
magnesium	24	mg	
iron, total	1.2	mg	
zinc	4	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB