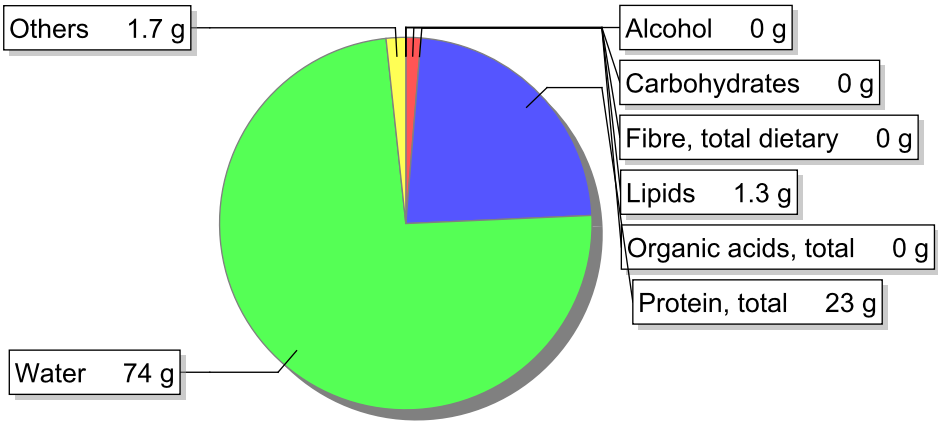


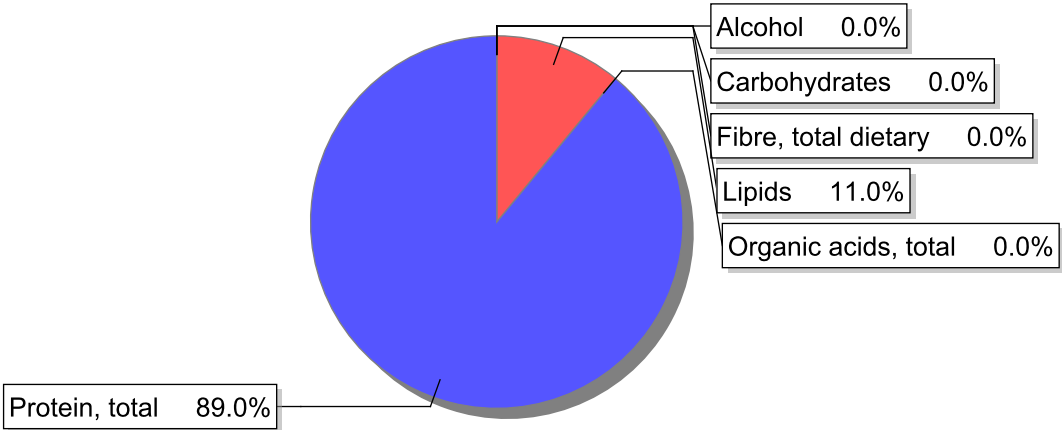
Food

Name: Partridge, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 65%
Code: IS305
FoodEX2 Code: A01SY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	104	kcal	
energy kJ, total metabolisable	439	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	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	57
protein, total	23	g	57
alcohol	0	g	
water	74	g	57
organic acids, total	0	g	
cholesterol	61	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.3	µg	
alpha-tocopherol	0	mg	
thiamin	0.24	mg	57
riboflavin	0.18	mg	57
niacin, preformed	4.5	mg	57
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	6	mg	
vitamin B-6, total	0.6	mg	
vitamin B-12	0.43	µg	
vitamin C	0	mg	
folate, total	8	µg	
ash	1.20	g	
sodium	60	mg	
potassium	250	mg	
calcium	19	mg	57
phosphorus	170	mg	57
magnesium	29	mg	
iron, total	4.5	mg	
zinc	2.4	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB