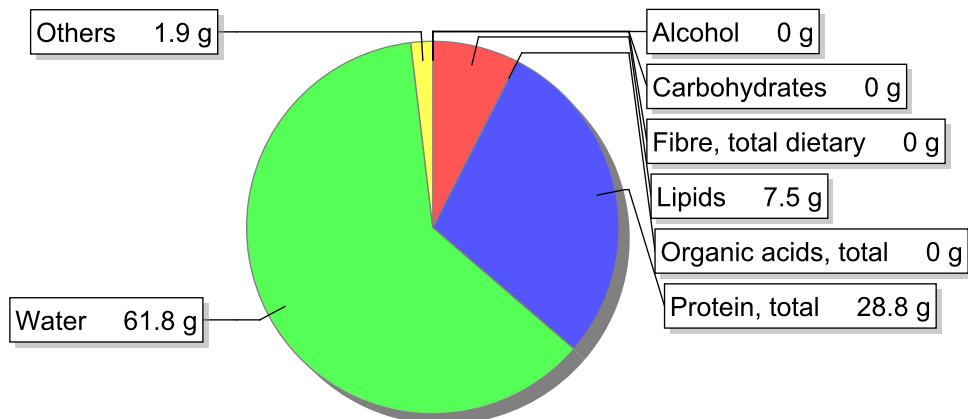


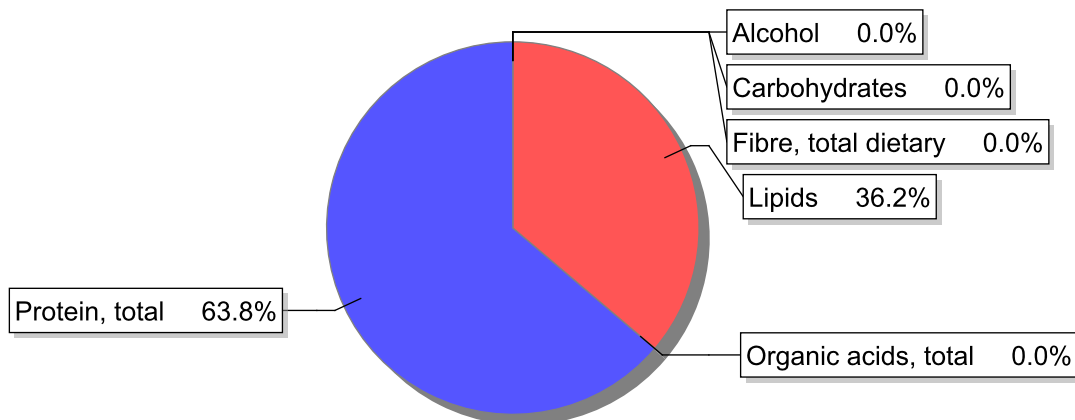
Food

Name: Beef, steak, fried, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 92%
Code: IS220
FoodEX2 Code: A01QX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	183	kcal	
energy kJ, total metabolisable	767	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.4	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	28.8	g	
alcohol	0	g	
water	61.8	g	
organic acids, total	0	g	
cholesterol	89	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.1	mg	
riboflavin	0.2	mg	
niacin, preformed	5.1	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	6.1	mg	
vitamin B-6, total	0.53	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	18	µg	
ash	1.90	g	
sodium	210	mg	
potassium	430	mg	
calcium	13	mg	
phosphorus	200	mg	
magnesium	29	mg	
iron, total	1.9	mg	
zinc	5	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB