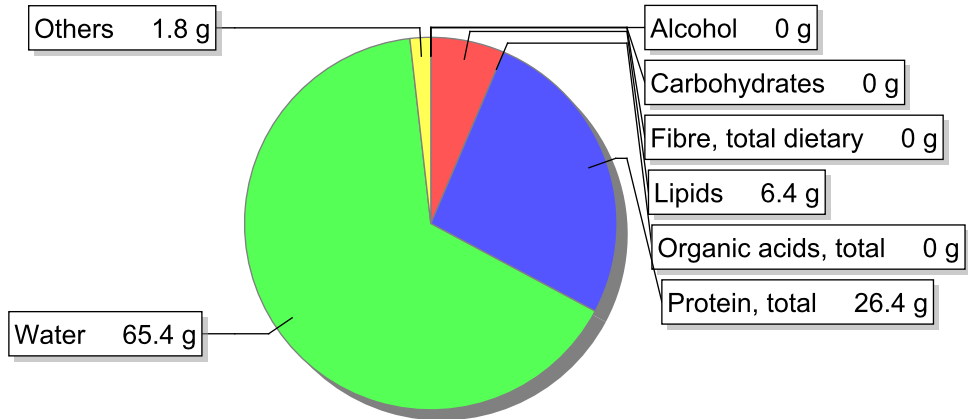


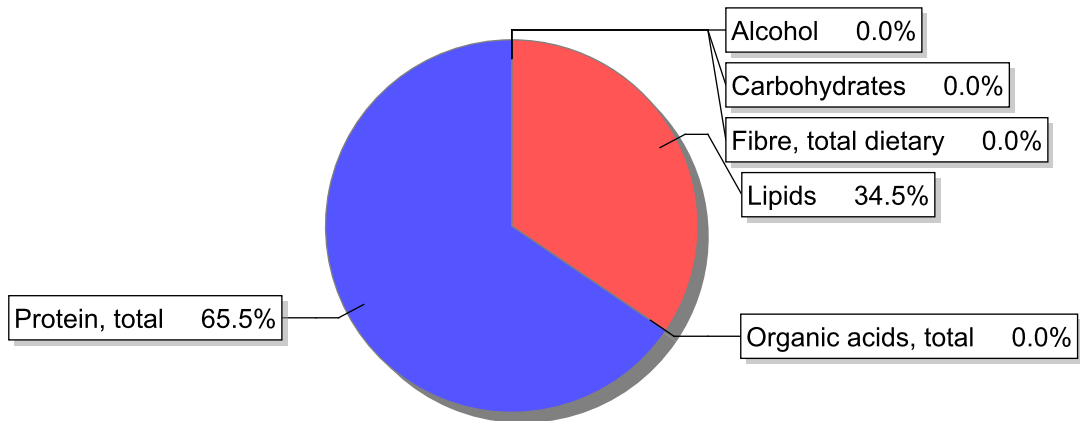
**Food**

**Name:** Beef, steak, grilled  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 92%  
**Code:** IS218  
**FoodEX2 Code:** A01QX

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	686	kJ	
fatty acids, total saturated	2.7	g	
fatty acids, total monounsaturated	2.7	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.3	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	26.4	g	
alcohol	0	g	
water	65.4	g	
organic acids, total	0	g	
cholesterol	81	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.1	mg	
riboflavin	0.18	mg	
niacin, preformed	5.4	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.6	mg	
vitamin B-6, total	0.52	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	18	µg	
ash	1.80	g	
sodium	190	mg	
potassium	390	mg	
calcium	11	mg	
phosphorus	180	mg	
magnesium	27	mg	
iron, total	1.7	mg	
zinc	4.6	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB