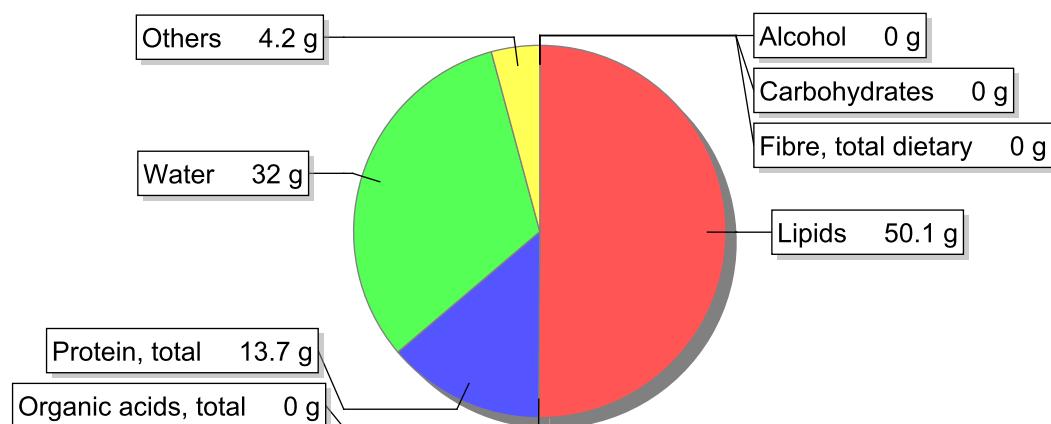


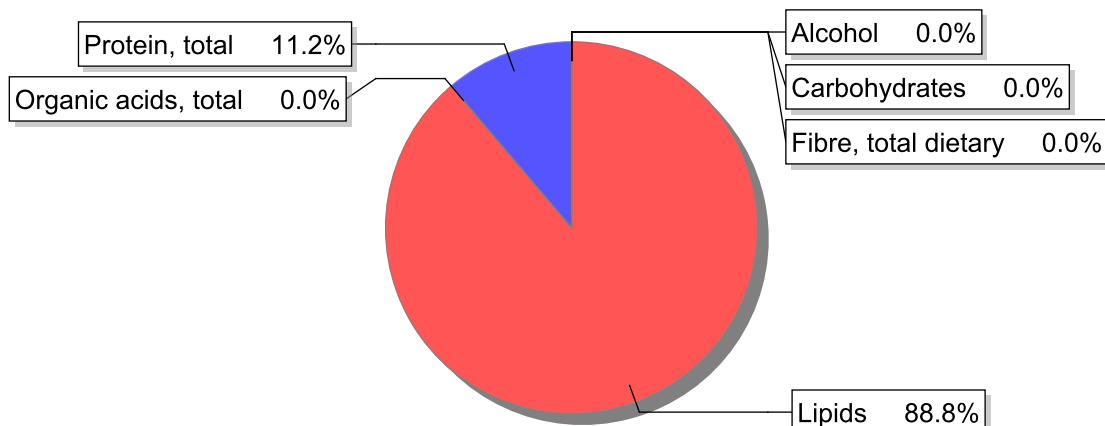
Food

Name: Pork's backfat, lean and fat, slightly salted, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS308
FoodEX2 Code: A01VA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	506	kcal	
energy kJ, total metabolisable	2090	kJ	
fatty acids, total saturated	16.8	g	
fatty acids, total monounsaturated	19.4	g	
fatty acids, total polyunsaturated	7.6	g	
fatty acid 18:2 n-6 cis,cis	6.6	g	
fatty acids, total trans	0.3	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	13.7	g	57
alcohol	0	g	
water	32	g	57
organic acids, total	0	g	
cholesterol	55	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.27	mg	
riboflavin	0.18	mg	
niacin, preformed	2.8	mg	57
niacin equivalents, total	5.4	mg	
niacin equivalents from tryptophan	2.6	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	1	µg	57
vitamin C	0	mg	
folate, total	3	µg	
ash	4.00	g	
sodium	1420	mg	
potassium	260	mg	57
calcium	14	mg	57
phosphorus	96	mg	57
magnesium	17	mg	57
iron, total	0.3	mg	
zinc	1.8	mg	57

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