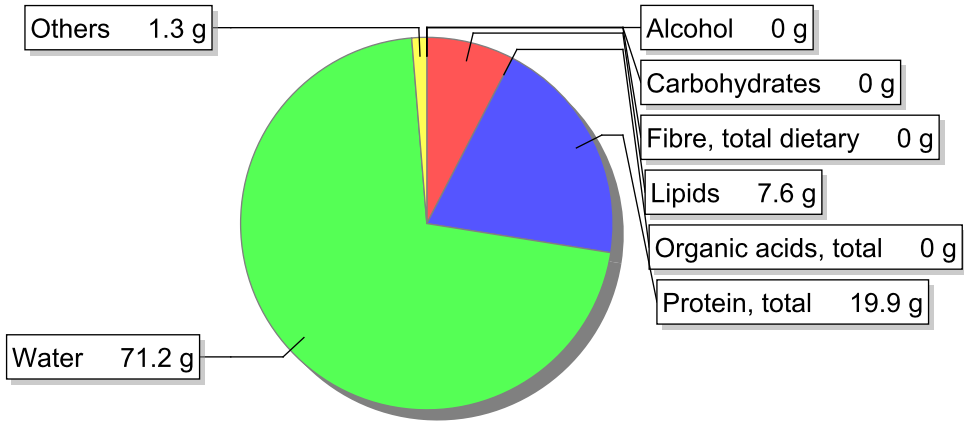


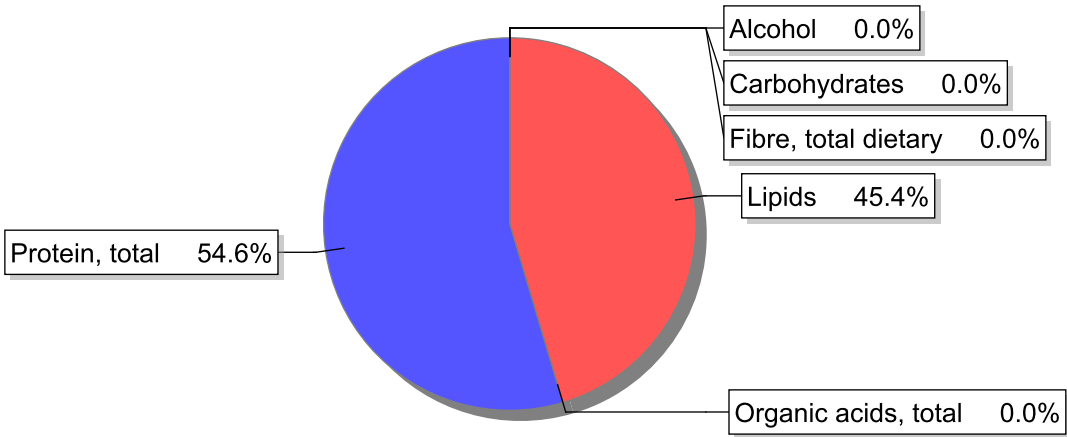
Food

Name: Veal, loin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS222
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	148	kcal	
energy kJ, total metabolisable	620	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	3.6	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	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	19.9	g	58
alcohol	0	g	
water	71.2	g	58
organic acids, total	0	g	
cholesterol	91	mg	58
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.17	mg	
thiamin	0.22	mg	58
riboflavin	0.21	mg	58
niacin, preformed	6.6	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.2	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	5.7	µg	
ash	1.30	g	
sodium	24	mg	
potassium	350	mg	
calcium	14	mg	58
phosphorus	200	mg	58
magnesium	18	mg	
iron, total	0.9	mg	58
zinc	3	mg	58

Legend

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

References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.