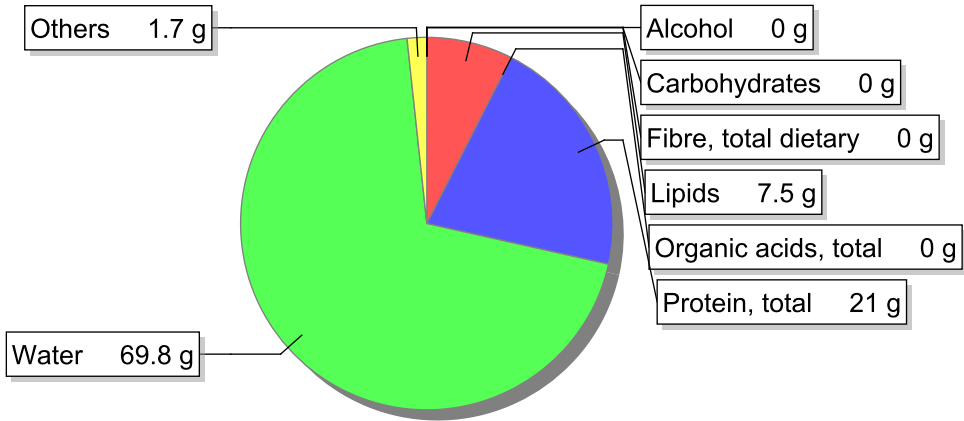


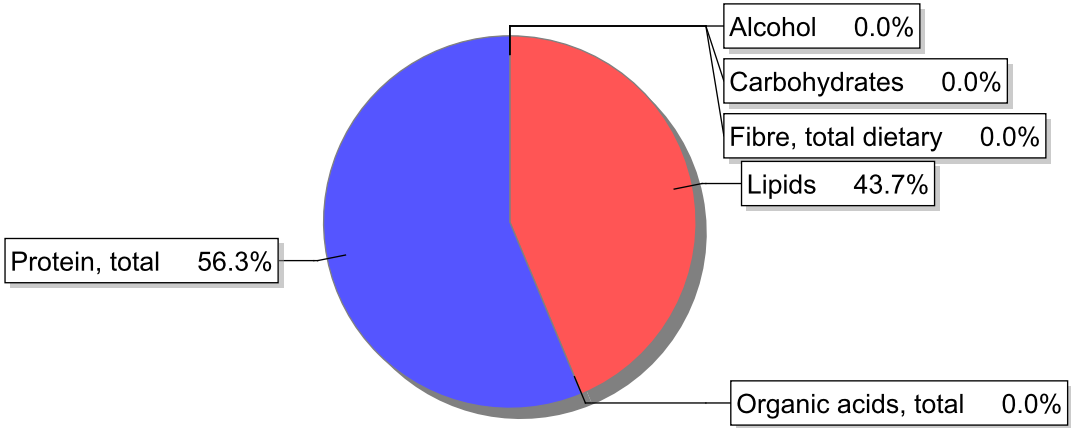
Food

Name: Pork, leg lean, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 81%
Code: IS155
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	152	kcal	
energy kJ, total metabolisable	635	kJ	
fatty acids, total saturated	2.6	g	
fatty acids, total monounsaturated	2.5	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.1	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	
protein, total	21	g	57
alcohol	0	g	
water	69.8	g	
organic acids, total	0	g	
cholesterol	63	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.5	µg	
alpha-tocopherol	0.8	mg	
thiamin	0.7	mg	
riboflavin	0.26	mg	57
niacin, preformed	7.2	mg	57
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	4.7	mg	
vitamin B-6, total	0.46	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	57
folate, total	1	µg	
ash	1.12	g	
sodium	86	mg	
potassium	420	mg	
calcium	12	mg	57
phosphorus	170	mg	57
magnesium	25	mg	
iron, total	0.7	mg	
zinc	2.7	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