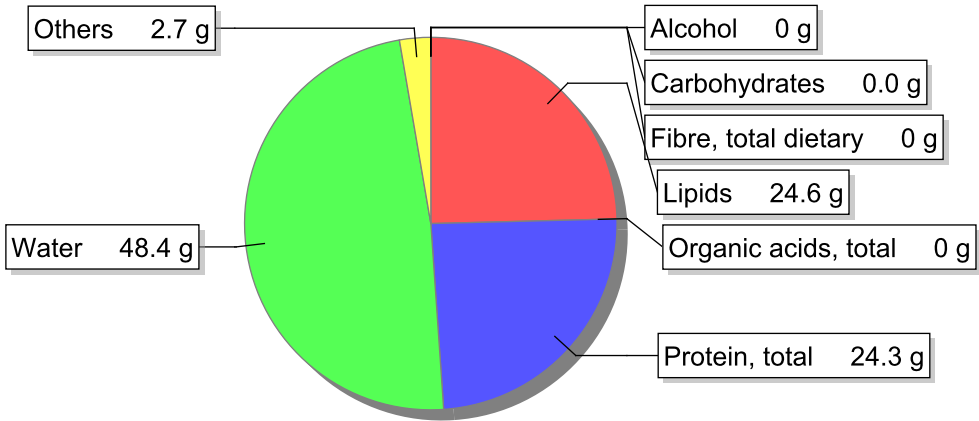


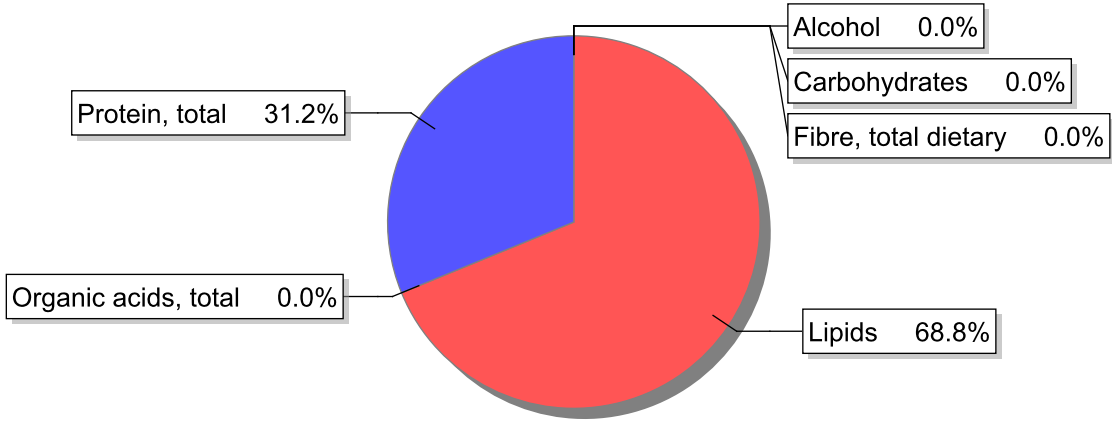
Food

Name: Mutton, shoulder, roasted with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 79%
Code: IS119
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	319	kcal	
energy kJ, total metabolisable	1320	kJ	
fatty acids, total saturated	9.3	g	
fatty acids, total monounsaturated	9.9	g	
fatty acids, total polyunsaturated	2	g	
fatty acid 18:2 n-6 cis,cis	1.77	g	
fatty acids, total trans	0.7	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.4	g	
fibre, total dietary	0	g	
protein, total	24.3	g	
alcohol	0	g	
water	48.4	g	
organic acids, total	0	g	
cholesterol	81	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	32	µg	
carotene, total (vitamin A precursors)	22	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.84	mg	
thiamin	0.09	mg	
riboflavin	0.31	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	9.72	mg	
niacin equivalents from tryptophan	4.62	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	2	µg	
ash	2.30	g	
sodium	560	mg	
potassium	220	mg	
calcium	13	mg	
phosphorus	210	mg	
magnesium	19	mg	
iron, total	1.5	mg	
zinc	2.4	mg	

Legend

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

References