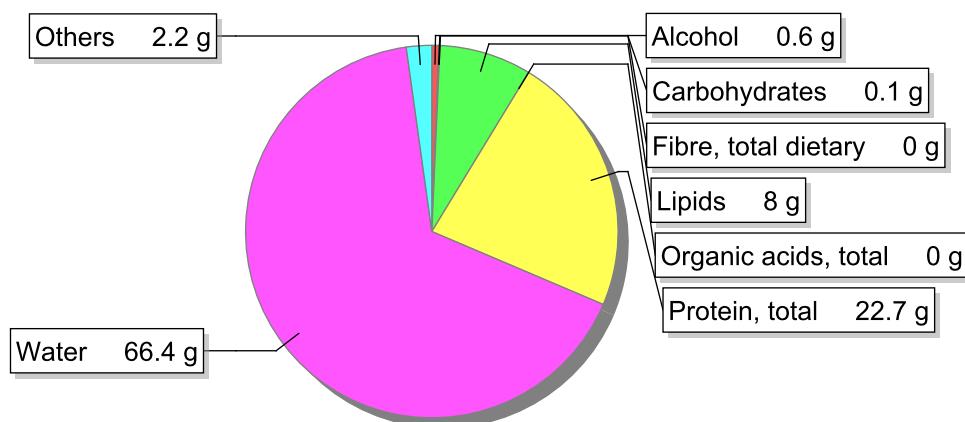


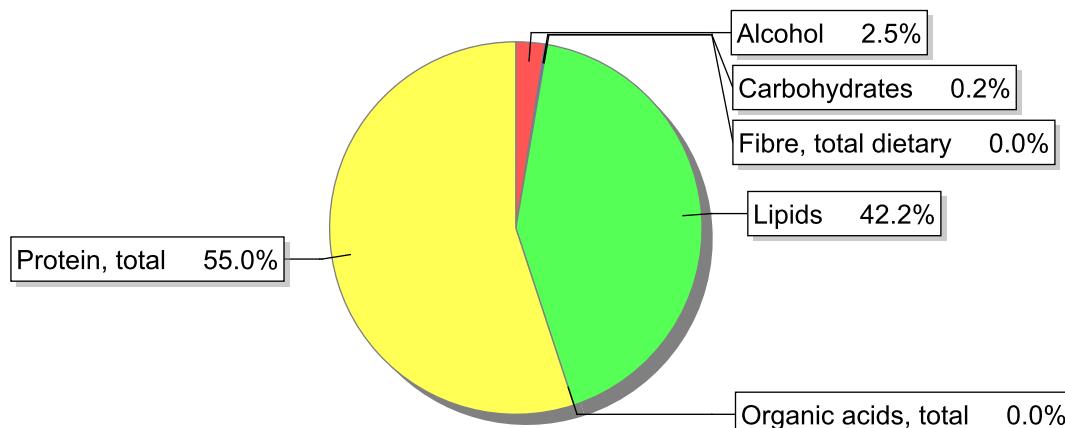
Food

Name: Horse, sirloin, roasted with olive oil and butter
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 88%
Code: IS150
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 167 | kcal | |
| energy kJ, total metabolisable | 701 | kJ | |
| fatty acids, total saturated | 2.6 | g | |
| fatty acids, total monounsaturated | 4.1 | g | |
| fatty acids, total polyunsaturated | 1 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.956 | g | |
| fatty acids, total trans | 0.2 | g | |
| sugars, total | 0.1 | g | |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|---|-------|------|-----------|
| lactose | 0.0 | g | |
| salt | 1.1 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 22.7 | g | |
| alcohol | 0.6 | g | |
| water | 66.4 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 66 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 37 | µg | |
| carotene, total (vitamin A precursors) | 1 | µg | |
| vitamin D | 0.4 | µg | |
| alpha-tocopherol | 0.6 | mg | |
| thiamin | 0.07 | mg | |
| riboflavin | 0.13 | mg | |
| niacin, preformed | 3 | mg | |
| niacin equivalents, total | 8.33 | mg | |
| niacin equivalents from tryptophan | 4.28 | mg | |
| vitamin B-6, total | 0.26 | mg | |
| vitamin B-12 | 2.5 | µg | |
| vitamin C | 0 | mg | |
| folate, total | 15 | µg | |
| ash | 2.26 | g | |
| sodium | 440 | mg | |
| potassium | 270 | mg | |
| calcium | 15 | mg | |
| phosphorus | 210 | mg | |
| magnesium | 26 | mg | |
| iron, total | 4.1 | mg | |
| zinc | 3.4 | mg | |

Legend

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

References