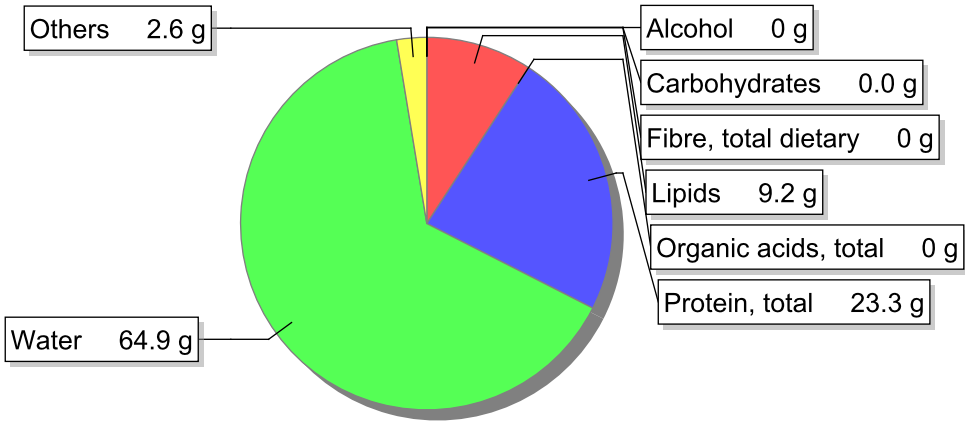


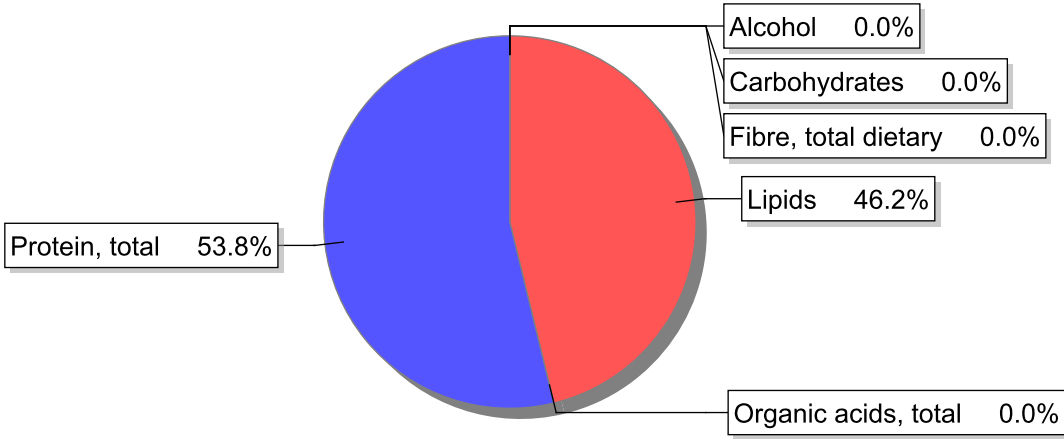
Food

Name: Horse, rump, fried with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 91%
Code: IS145
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	176	kcal	
energy kJ, total metabolisable	737	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	2.4	g	
fatty acid 18:2 n-6 cis,cis	2.21	g	
fatty acids, total trans	0.2	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
fibre, total dietary	0	g	
protein, total	23.3	g	
alcohol	0	g	
water	64.9	g	
organic acids, total	0	g	
cholesterol	60	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	27	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.06	mg	
riboflavin	0.12	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	8.71	mg	
niacin equivalents from tryptophan	4.3	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	2.4	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	2.19	g	
sodium	440	mg	
potassium	260	mg	
calcium	9.1	mg	
phosphorus	210	mg	
magnesium	25	mg	
iron, total	4	mg	
zinc	3.1	mg	

Legend

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

References