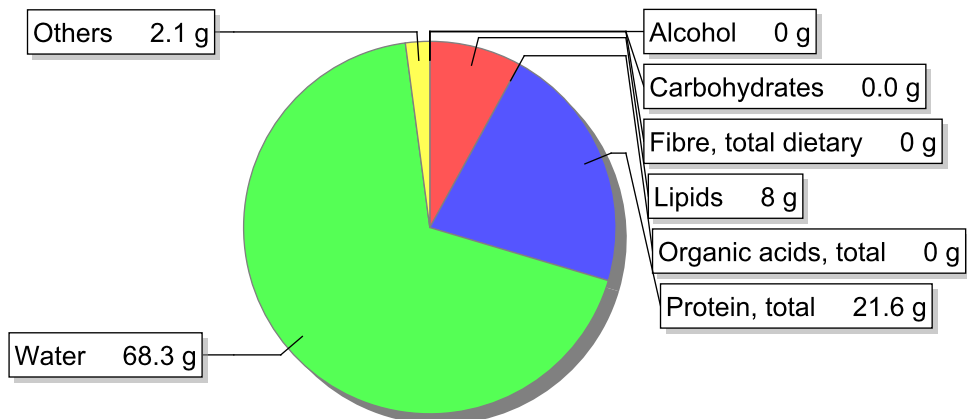


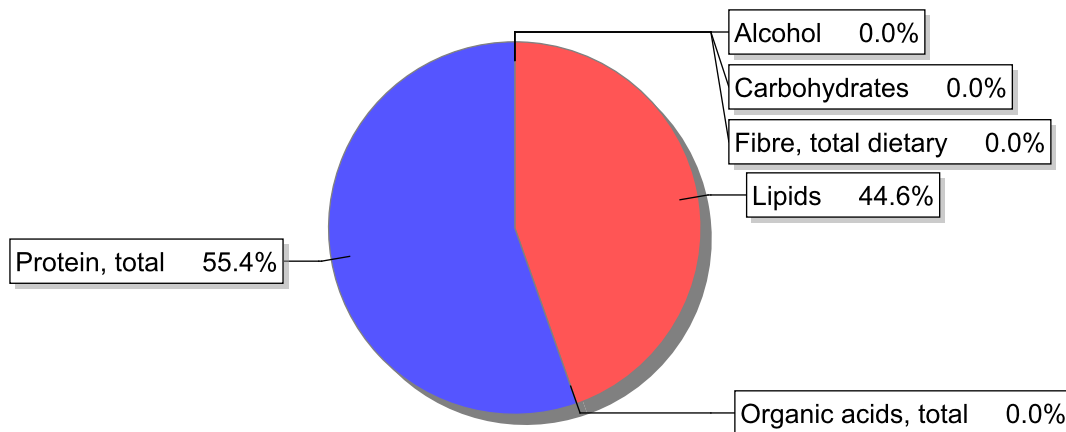
Food

Name: Horse, sirloin, fried with butter
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 87%
Code: IS146
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	158	kcal	
energy kJ, total metabolisable	663	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.794	g	
fatty acids, total trans	0.3	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1	g	
fibre, total dietary	0	g	
protein, total	21.6	g	
alcohol	0	g	
water	68.3	g	
organic acids, total	0	g	
cholesterol	73	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	61	µg	
carotene, total (vitamin A precursors)	3	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.06	mg	
riboflavin	0.12	mg	
niacin, preformed	2.9	mg	
niacin equivalents, total	7.94	mg	
niacin equivalents from tryptophan	4.08	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	2.4	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	2.12	g	
sodium	400	mg	
potassium	250	mg	
calcium	14	mg	
phosphorus	200	mg	
magnesium	24	mg	
iron, total	3.9	mg	
zinc	3.2	mg	

Legend

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

References