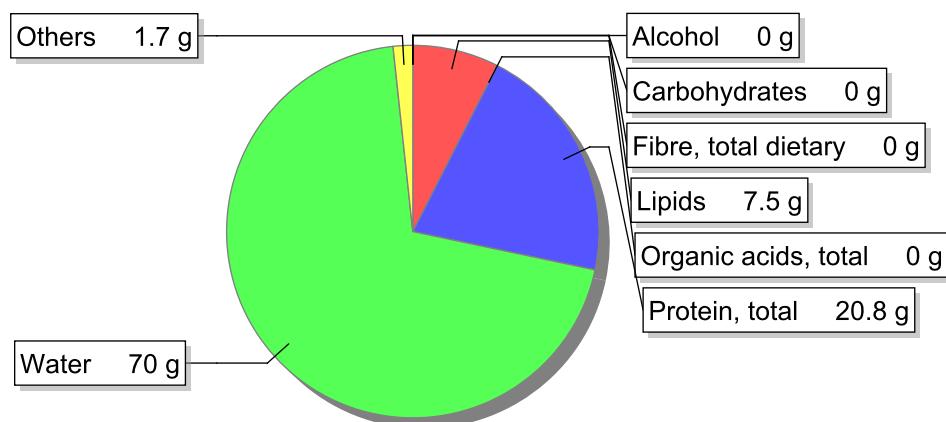


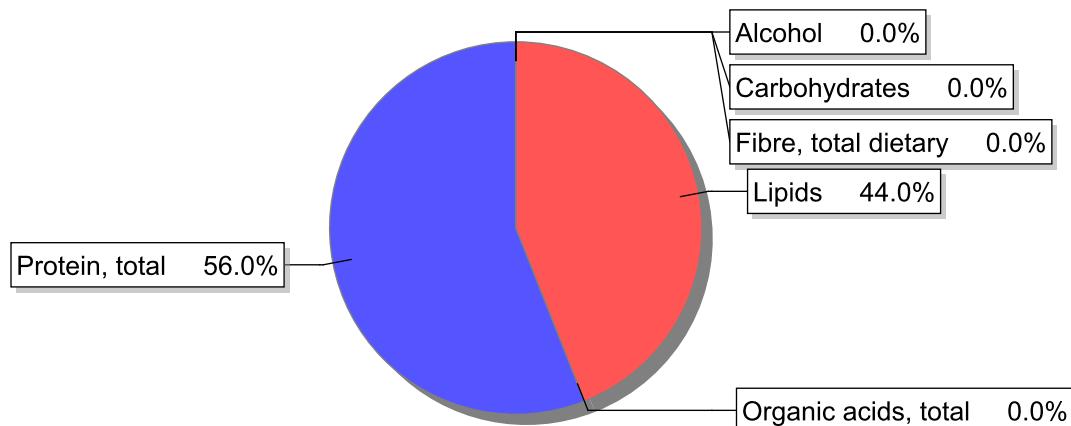
Food

Name: Mutton, cutlet, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 66%
Code: IS097
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	151	kcal	
energy kJ, total metabolisable	631	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	20.8	g	57
alcohol	0	g	
water	70	g	57
organic acids, total	0	g	
cholesterol	66	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.4	µg	
alpha-tocopherol	0.09	mg	
thiamin	0.09	mg	
riboflavin	0.18	mg	57
niacin, preformed	4.8	mg	
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	3.9	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	2	µg	57
vitamin C	0	mg	57
folate, total	3	µg	
ash	1.20	g	
sodium	88	mg	57
potassium	350	mg	57
calcium	17	mg	57
phosphorus	220	mg	57
magnesium	24	mg	57
iron, total	0.9	mg	57
zinc	4	mg	57

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