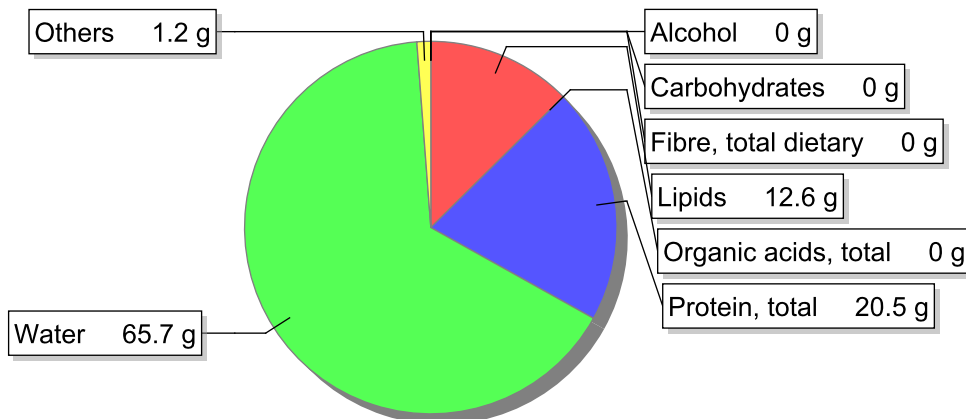


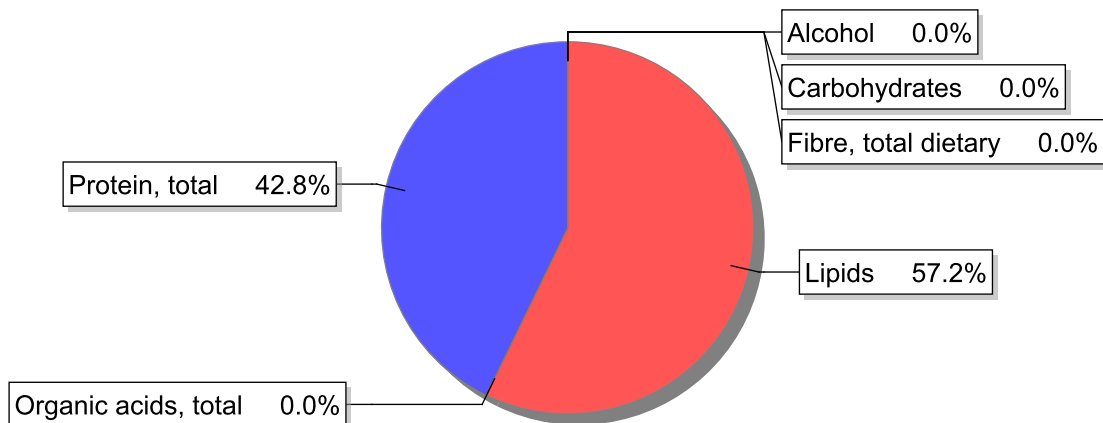
**Food**

**Name:** Mutton, shoulder, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 84%  
**Code:** IS098  
**FoodEX2 Code:** A01RJ

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	195	kcal	
energy kJ, total metabolisable	815	kJ	
fatty acids, total saturated	5.4	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.6	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	20.5	g	58
<b>alcohol</b>	0	g	
<b>water</b>	65.7	g	58
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	68	mg	58
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0.4	µg	
<b>alpha-tocopherol</b>	0.07	mg	
<b>thiamin</b>	0.14	mg	
<b>riboflavin</b>	0.32	mg	58
<b>niacin, preformed</b>	4.3	mg	
<b>niacin equivalents, total</b>	8.2	mg	
<b>niacin equivalents from tryptophan</b>	3.9	mg	
<b>vitamin B-6, total</b>	0.22	mg	
<b>vitamin B-12</b>	2	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	2	µg	
<b>ash</b>	0.90	g	58
<b>sodium</b>	66	mg	
<b>potassium</b>	270	mg	
<b>calcium</b>	12	mg	58
<b>phosphorus</b>	210	mg	58
<b>magnesium</b>	16	mg	
<b>iron, total</b>	1.3	mg	58
<b>zinc</b>	2	mg	

## Legend

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

## References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.