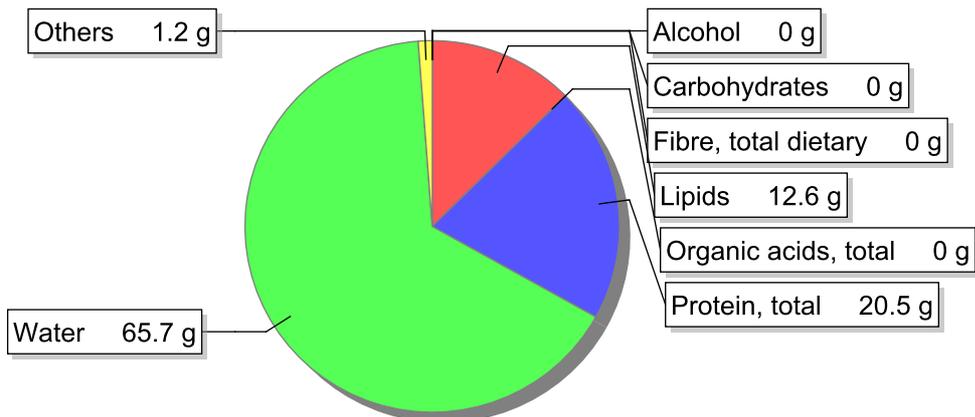


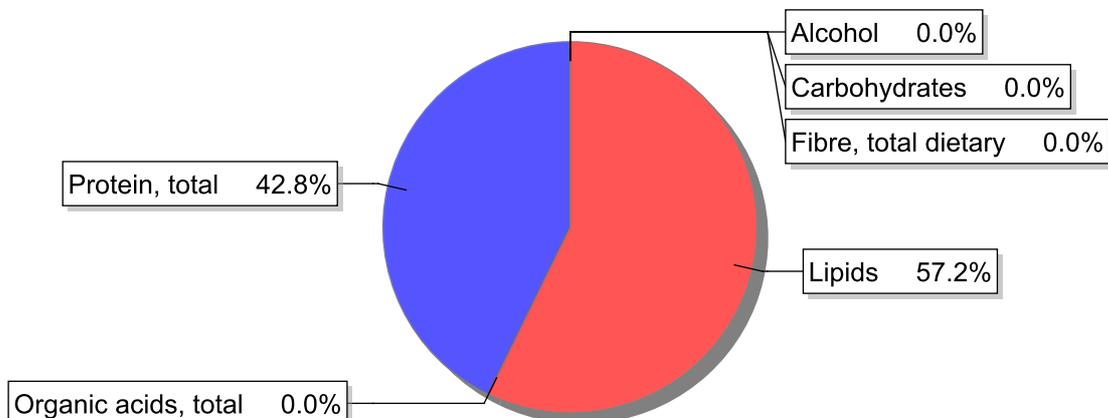
Food

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