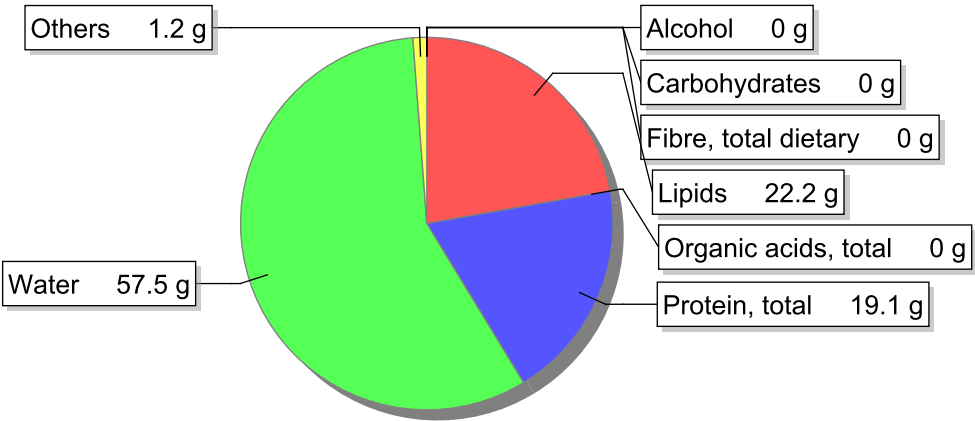


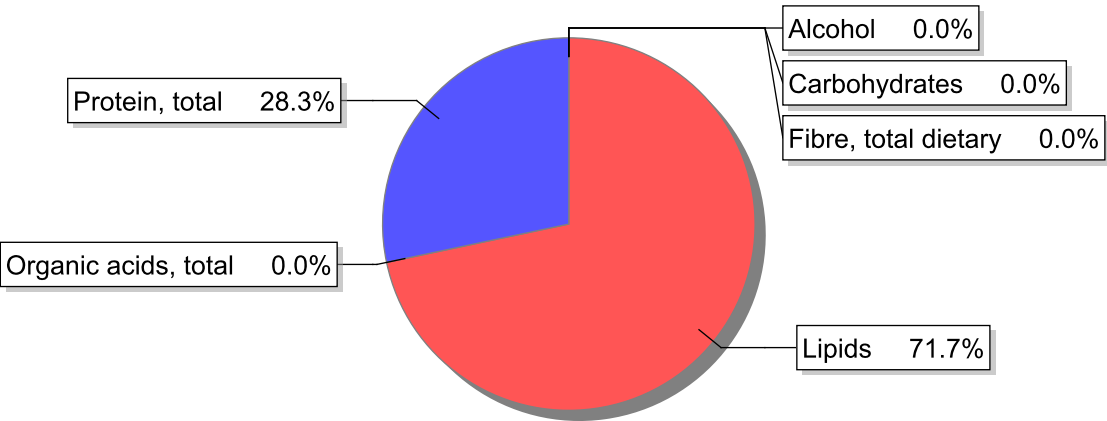
Food

Name: Mutton, leg, fat, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 83%
Code: IS100
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	276	kcal	
energy kJ, total metabolisable	1150	kJ	
fatty acids, total saturated	9.6	g	
fatty acids, total monounsaturated	7.1	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	1	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	19.1	g	57
alcohol	0	g	
water	57.5	g	57
organic acids, total	0	g	
cholesterol	86	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.5	µg	
alpha-tocopherol	0.07	mg	
thiamin	0.32	mg	57
riboflavin	0.23	mg	57
niacin, preformed	5	mg	57
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.23	mg	57
vitamin B-12	2.3	µg	57
vitamin C	0	mg	57
folate, total	3	µg	
ash	0.82	g	
sodium	60	mg	57
potassium	360	mg	57
calcium	11	mg	57
phosphorus	190	mg	57
magnesium	25	mg	57
iron, total	1.2	mg	57
zinc	3.2	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