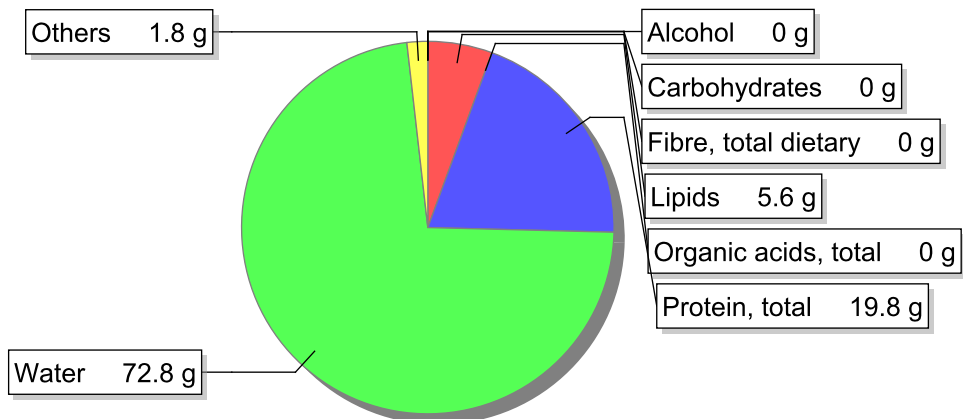


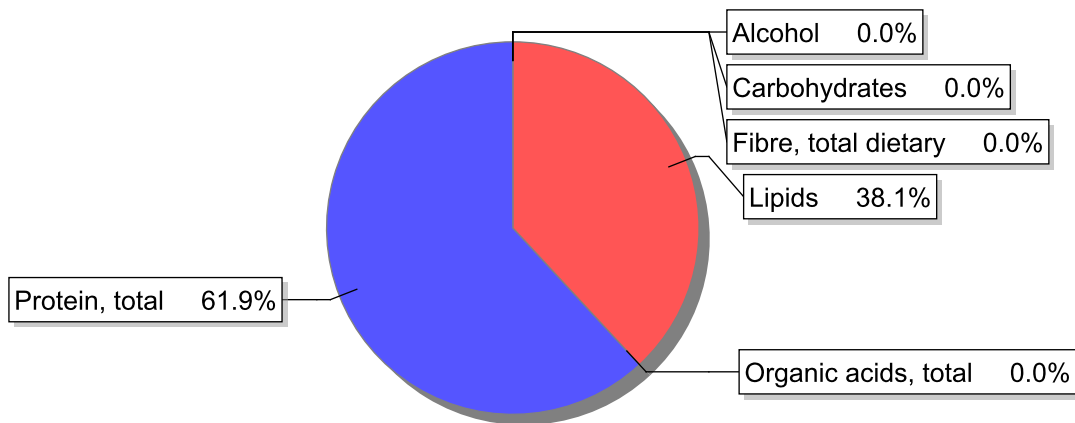
### Food

**Name:** Mutton, leg, lean, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 70%  
**Code:** IS101  
**FoodEX2 Code:** A01RJ

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	130	kcal	
energy kJ, total metabolisable	544	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.3	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>	19.8	g	57
<b>alcohol</b>	0	g	
<b>water</b>	72.8	g	57
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	68	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	57
<b>vitamin D</b>	0.7	µg	
<b>alpha-tocopherol</b>	0.05	mg	
<b>thiamin</b>	0.14	mg	
<b>riboflavin</b>	0.21	mg	57
<b>niacin, preformed</b>	5	mg	57
<b>niacin equivalents, total</b>	8.7	mg	
<b>niacin equivalents from tryptophan</b>	3.7	mg	
<b>vitamin B-6, total</b>	0.3	mg	
<b>vitamin B-12</b>	2	µg	
<b>vitamin C</b>	0	mg	57
<b>folate, total</b>	6	µg	
<b>ash</b>	1.20	g	
<b>sodium</b>	110	mg	
<b>potassium</b>	300	mg	
<b>calcium</b>	18	mg	57
<b>phosphorus</b>	250	mg	57
<b>magnesium</b>	16	mg	
<b>iron, total</b>	1.5	mg	57
<b>zinc</b>	1.9	mg	

## 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