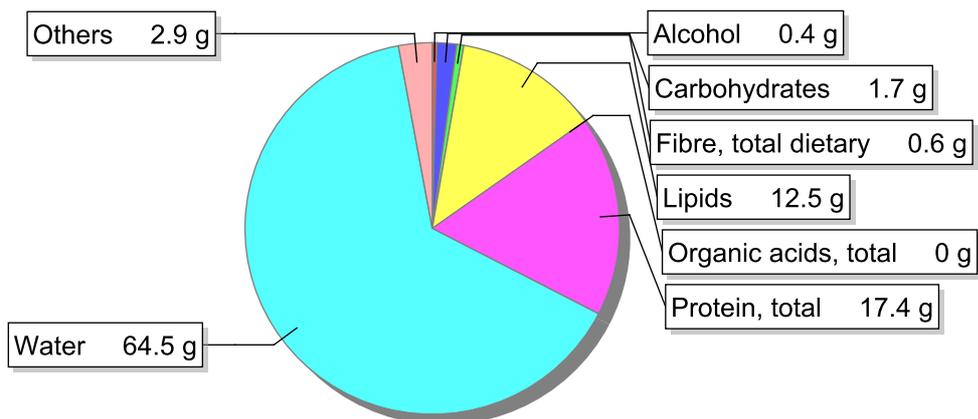


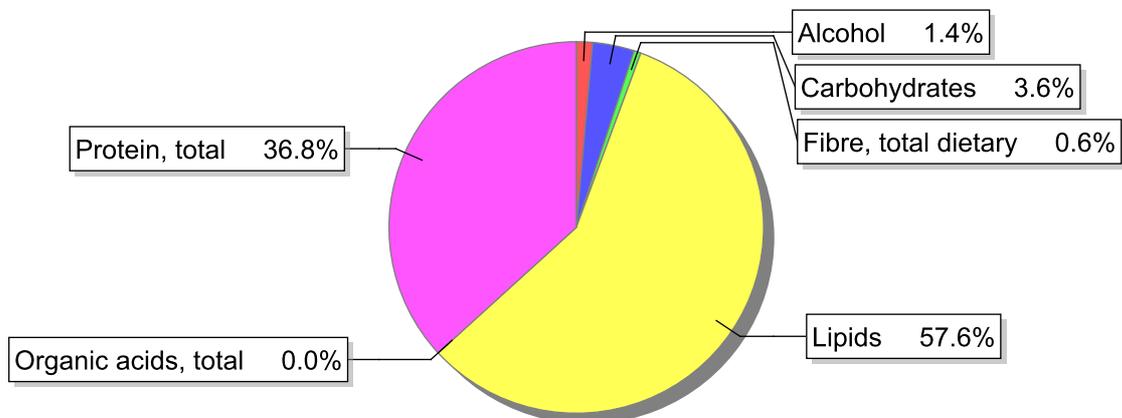
Food

Name: Mutton, leg, lean, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 79%
Code: IS109
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 193 | kcal | |
| energy kJ, total metabolisable | 804 | kJ | |
| fatty acids, total saturated | 5.9 | g | |
| fatty acids, total monounsaturated | 3.2 | g | |
| fatty acids, total polyunsaturated | 2.4 | g | |
| fatty acid 18:2 n-6 cis,cis | 2.06 | g | |
| fatty acids, total trans | 0.3 | g | |
| sugars, total | 1.6 | g | |
| sucrose | 0.1 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0.0 | g | |
| salt | 1.2 | g | |
| fibre, total dietary | 0.6 | g | |
| protein, total | 17.4 | g | |
| alcohol | 0.4 | g | |
| water | 64.5 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 59 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 90 | µg | |
| carotene, total (vitamin A precursors) | 237 | µg | |
| vitamin D | 0.5 | µg | |
| alpha-tocopherol | 0.54 | mg | |
| thiamin | 0.08 | mg | |
| riboflavin | 0.15 | mg | |
| niacin, preformed | 2.6 | mg | |
| niacin equivalents, total | 7.82 | mg | |
| niacin equivalents from tryptophan | 3.23 | mg | |
| vitamin B-6, total | 0.18 | mg | |
| vitamin B-12 | 1 | µg | |
| vitamin C | 6.4 | mg | |
| folate, total | 9 | µg | |
| ash | 2.38 | g | |
| sodium | 480 | mg | |
| potassium | 260 | mg | |
| calcium | 20 | mg | |
| phosphorus | 170 | mg | |
| magnesium | 17 | mg | |
| iron, total | 1.7 | mg | |
| zinc | 1.6 | mg | |

Legend

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

References