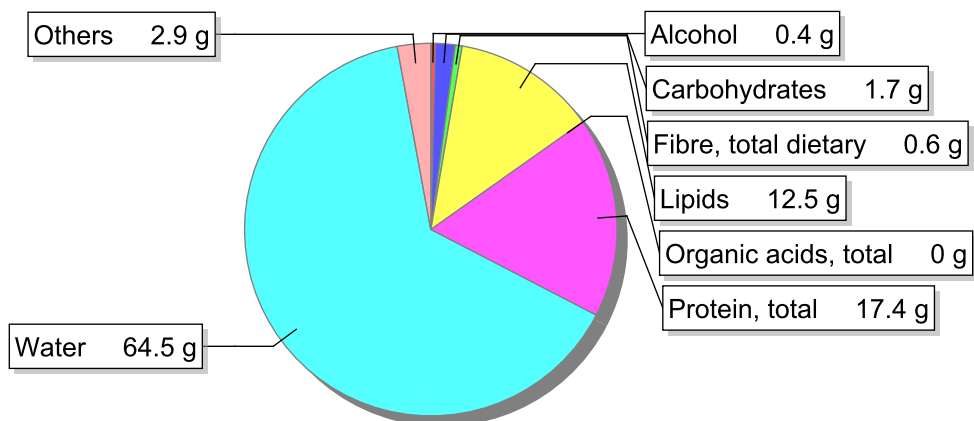


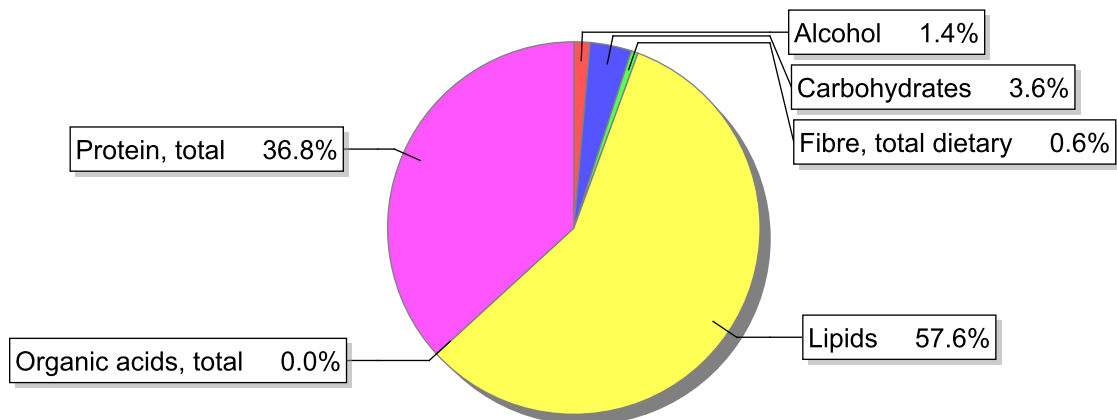
Food

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