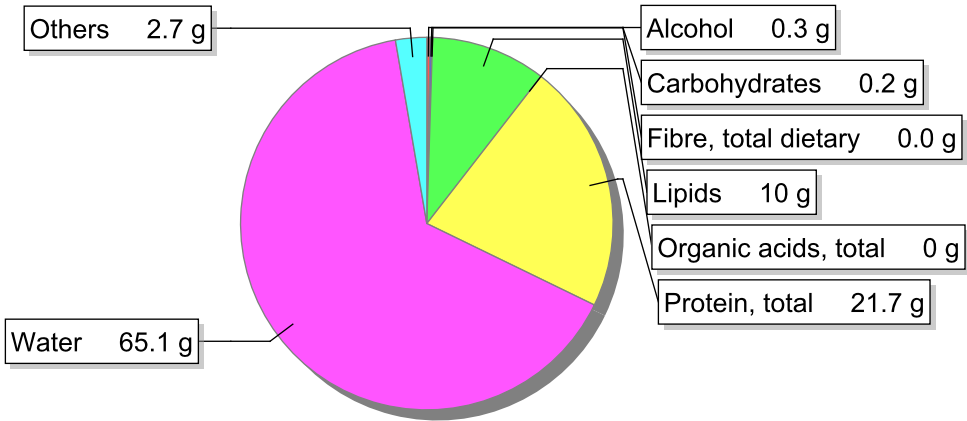


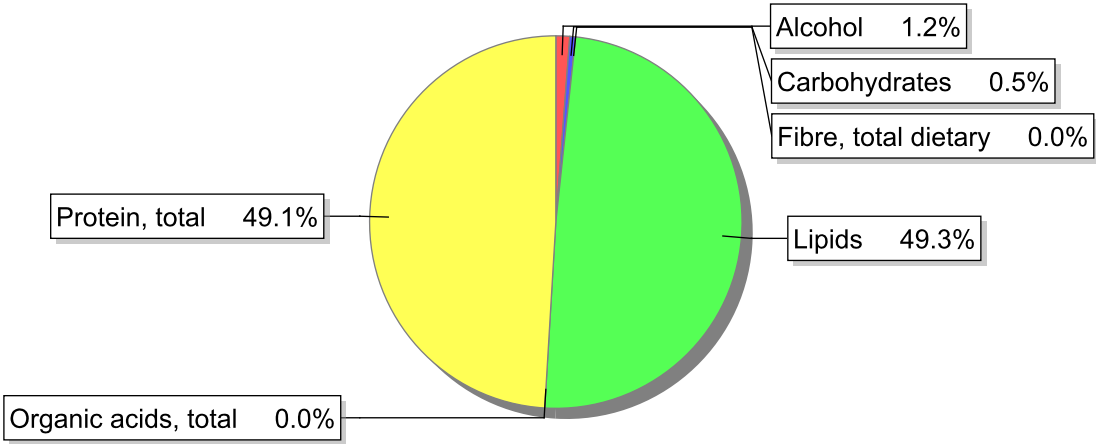
Food

Name: Goat kid, leg, roasted, with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 79%
Code: IS140
FoodEX2 Code: A01RL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	180	kcal	
energy kJ, total metabolisable	751	kJ	
fatty acids, total saturated	2.9	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	0.977	g	
fatty acids, total trans	0.2	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.2	g	
fibre, total dietary	0.0	g	
protein, total	21.7	g	
alcohol	0.3	g	
water	65.1	g	
organic acids, total	0	g	
cholesterol	67	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	16	µg	
carotene, total (vitamin A precursors)	11	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.57	mg	
thiamin	0.08	mg	
riboflavin	0.28	mg	
niacin, preformed	5.1	mg	
niacin equivalents, total	11.2	mg	
niacin equivalents from tryptophan	4.61	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0.9	µg	
vitamin C	0.1	mg	
folate, total	4.7	µg	
ash	2.36	g	
sodium	470	mg	
potassium	280	mg	
calcium	9.8	mg	
phosphorus	260	mg	
magnesium	23	mg	
iron, total	1	mg	
zinc	4.2	mg	

Legend

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

References