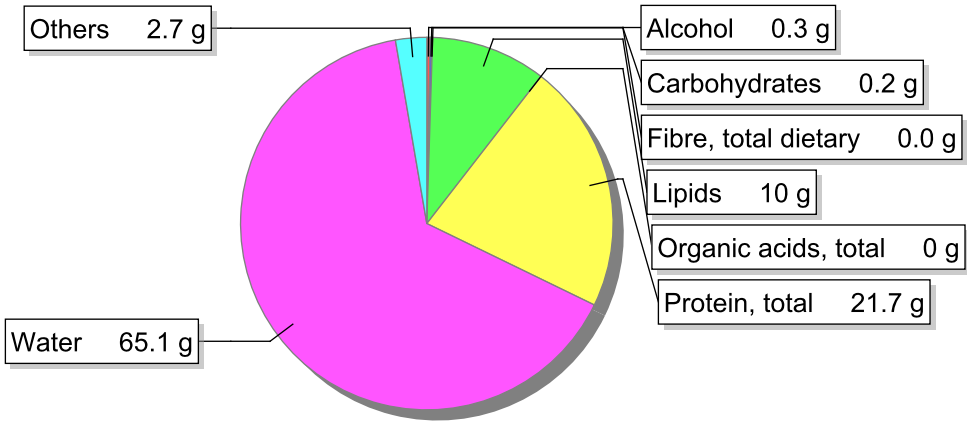


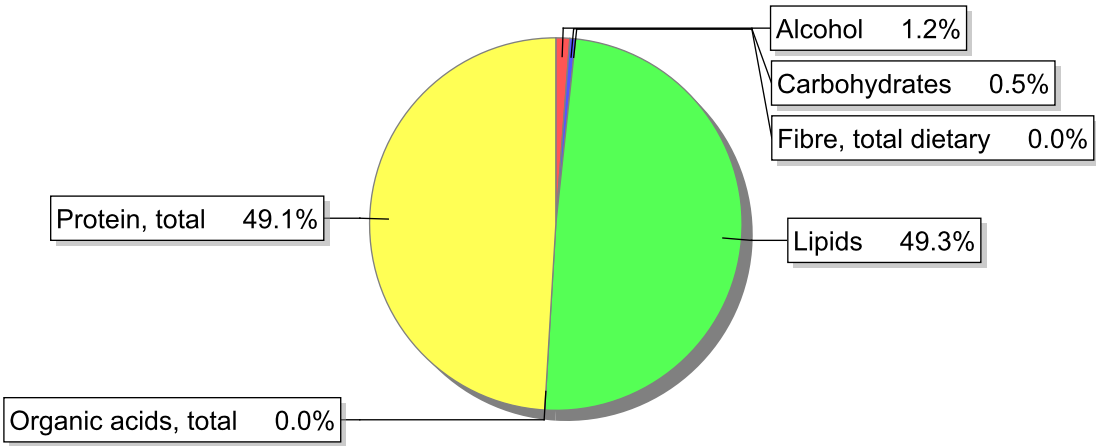
Food

**Name:** Goat kid, leg, roasted with vegetable oil and margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 79%  
**Code:** IS138  
**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       | 2.8   | g    |           |
| fatty acids, total monounsaturated | 3.2   | g    |           |
| fatty acids, total polyunsaturated | 3.1   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 2.92  | 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    |           |
| oligosaccharides, available                                     | 0     | 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                                                | 2.15  | 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