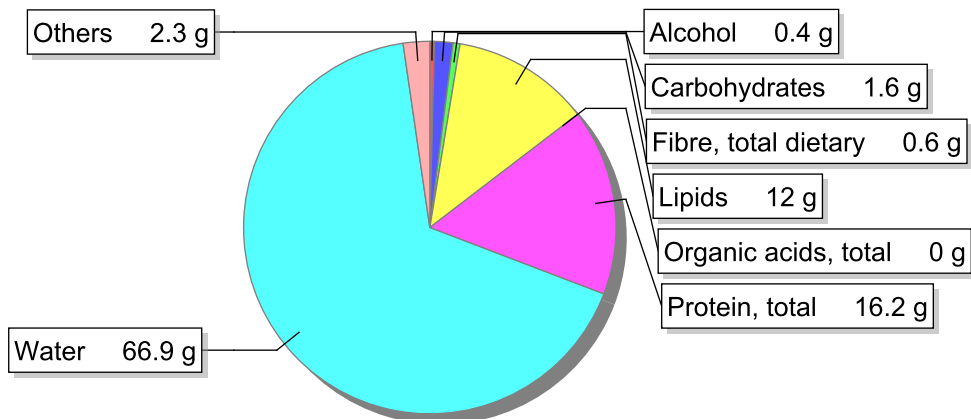


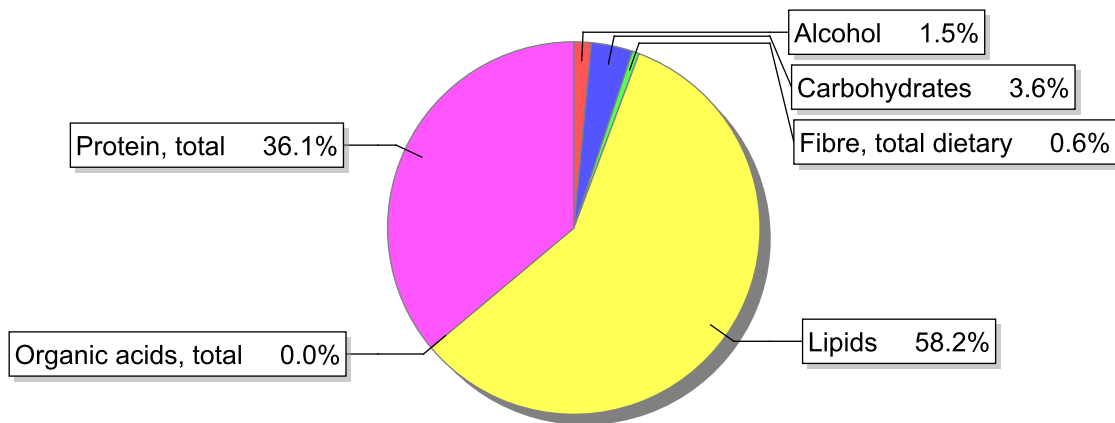
**Food**

**Name:** Lamb, cutlet or leg, stewed, with olive oil and margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 79%  
**Code:** IS111  
**FoodEX2 Code:** A03VY

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	183	kcal	
energy kJ, total metabolisable	763	kJ	
fatty acids, total saturated	4.2	g	
fatty acids, total monounsaturated	5.5	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.31	g	
fatty acids, total trans	0.2	g	
sugars, total	1.5	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>oligosaccharides, available</b>	0.1	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	16.2	g	
<b>alcohol</b>	0.4	g	
<b>water</b>	66.9	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	55	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	57	µg	
<b>carotene, total (vitamin A precursors)</b>	203	µg	
<b>vitamin D</b>	0.3	µg	
<b>alpha-tocopherol</b>	1.15	mg	
<b>thiamin</b>	0.07	mg	
<b>riboflavin</b>	0.16	mg	
<b>niacin, preformed</b>	2.5	mg	
<b>niacin equivalents, total</b>	7.28	mg	
<b>niacin equivalents from tryptophan</b>	3.01	mg	
<b>vitamin B-6, total</b>	0.19	mg	
<b>vitamin B-12</b>	0.96	µg	
<b>vitamin C</b>	6	mg	
<b>folate, total</b>	6.8	µg	
<b>ash</b>	2.08	g	
<b>sodium</b>	380	mg	
<b>potassium</b>	230	mg	
<b>calcium</b>	14	mg	
<b>phosphorus</b>	140	mg	
<b>magnesium</b>	22	mg	
<b>iron, total</b>	1.7	mg	
<b>zinc</b>	2.9	mg	

## Legend

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

## References