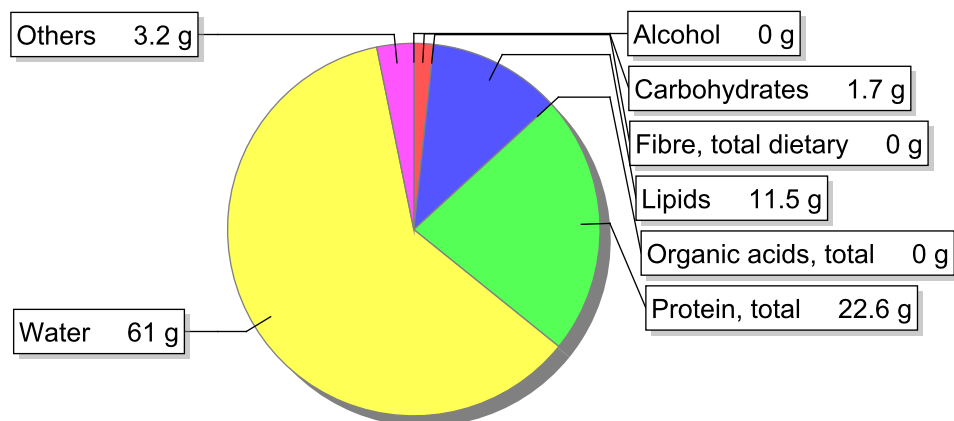


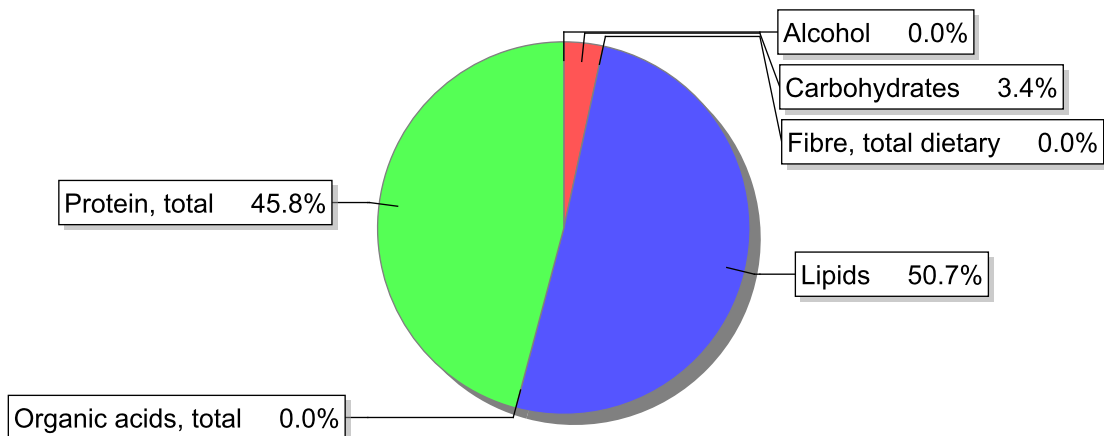
Food

Name: Liver, veal, fried in lard and butter
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS328
FoodEX2 Code: A01XH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	201	kcal	
energy kJ, total metabolisable	839	kJ	
fatty acids, total saturated	4.6	g	
fatty acids, total monounsaturated	4.9	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.599	g	
fatty acids, total trans	0.4	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.3	g	
fibre, total dietary	0	g	
protein, total	22.6	g	
alcohol	0	g	
water	61	g	
organic acids, total	0	g	
cholesterol	331	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	13200	µg	
carotene, total (vitamin A precursors)	2	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.59	mg	
thiamin	0.25	mg	
riboflavin	1.7	mg	
niacin, preformed	10	mg	
niacin equivalents, total	17.8	mg	
niacin equivalents from tryptophan	5.33	mg	
vitamin B-6, total	0.46	mg	
vitamin B-12	53	µg	
vitamin C	25	mg	
folate, total	150	µg	
ash	2.52	g	
sodium	520	mg	
potassium	340	mg	
calcium	14	mg	
phosphorus	290	mg	
magnesium	25	mg	
iron, total	6.9	mg	
zinc	4.7	mg	

Legend

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

References