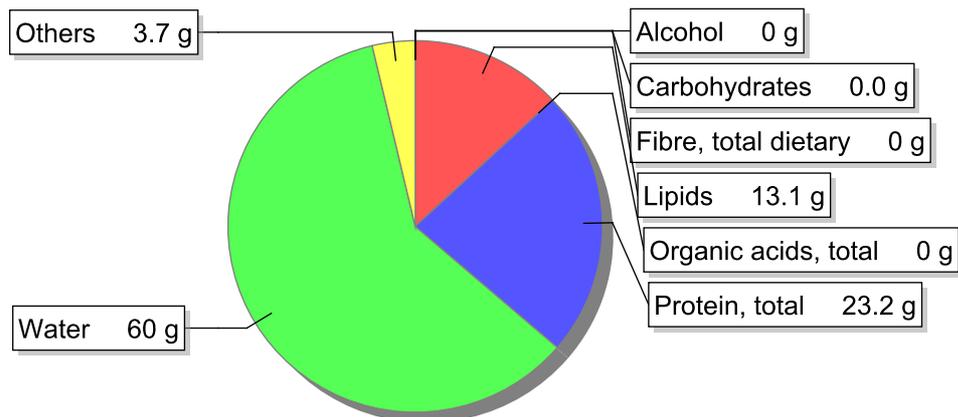


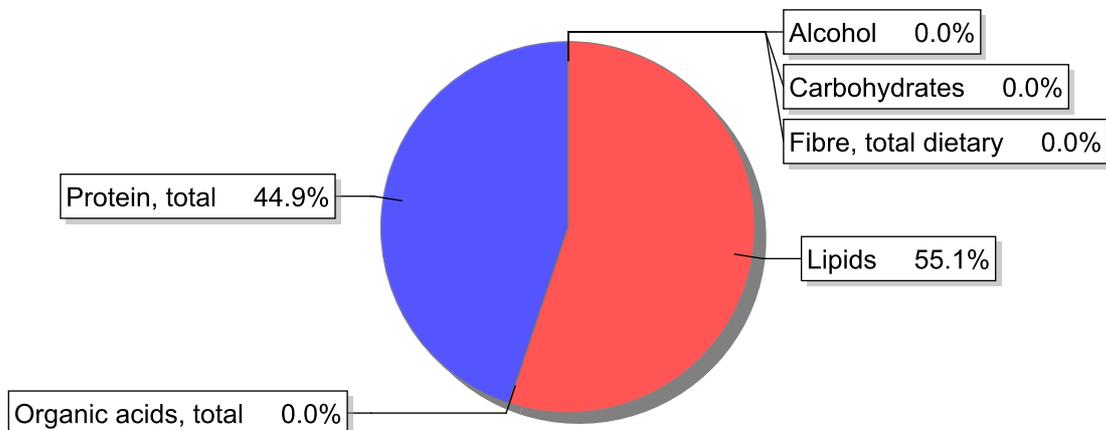
Food

Name: Liver, pork, fried in margarine and lard
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS323
FoodEX2 Code: A01XJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	211	kcal	
energy kJ, total metabolisable	879	kJ	
fatty acids, total saturated	4.7	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	2.03	g	
fatty acids, total trans	0.0	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	23.2	g	
alcohol	0	g	
water	60	g	
organic acids, total	0	g	
cholesterol	267	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10000	µg	
carotene, total (vitamin A precursors)	17	µg	
vitamin D	1.2	µg	
alpha-tocopherol	0.41	mg	
thiamin	0.39	mg	
riboflavin	3.5	mg	
niacin, preformed	15	mg	
niacin equivalents, total	22.2	mg	
niacin equivalents from tryptophan	5	mg	
vitamin B-6, total	0.52	mg	
vitamin B-12	19	µg	
vitamin C	23.3	mg	
folate, total	270	µg	
ash	2.84	g	
sodium	530	mg	
potassium	300	mg	
calcium	16	mg	
phosphorus	290	mg	
magnesium	33	mg	
iron, total	8.3	mg	
zinc	3.1	mg	

Legend

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

References