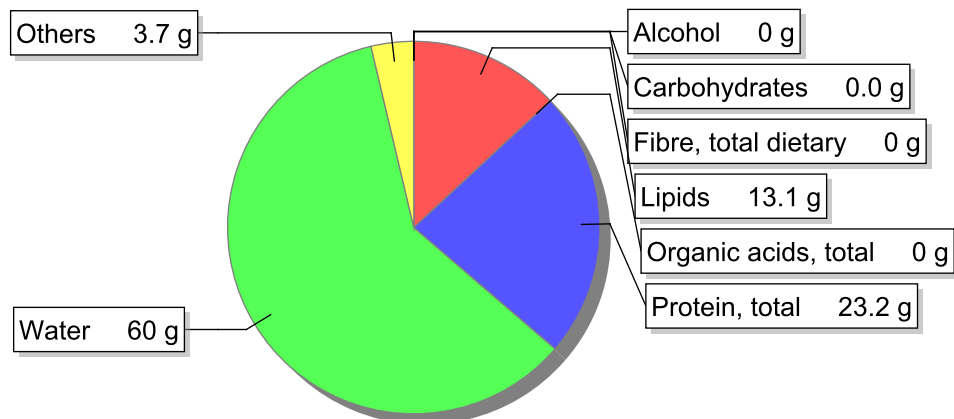


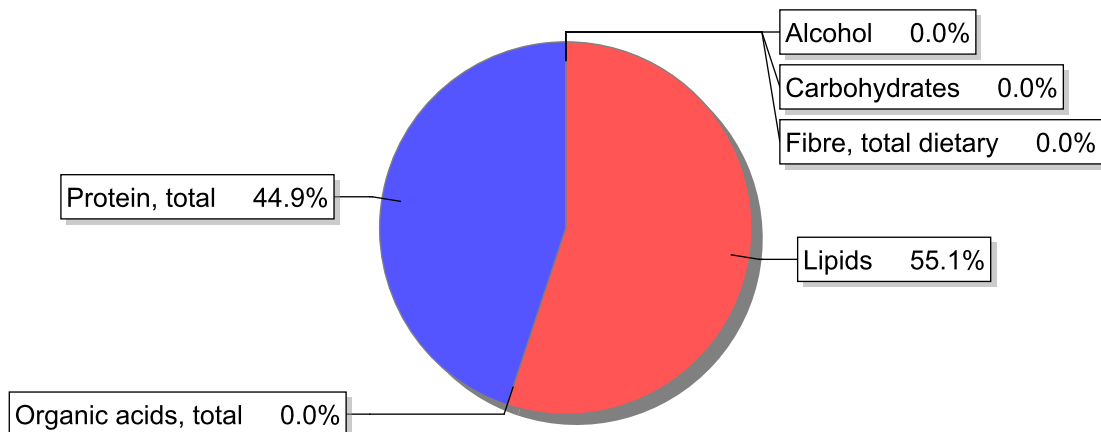
## Food

**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)
<b>lactose</b>	0.0	g	
<b>salt</b>	1.3	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	23.2	g	
<b>alcohol</b>	0	g	
<b>water</b>	60	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	267	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	10000	µg	
<b>carotene, total (vitamin A precursors)</b>	17	µg	
<b>vitamin D</b>	1.2	µg	
<b>alpha-tocopherol</b>	0.41	mg	
<b>thiamin</b>	0.39	mg	
<b>riboflavin</b>	3.5	mg	
<b>niacin, preformed</b>	15	mg	
<b>niacin equivalents, total</b>	22.2	mg	
<b>niacin equivalents from tryptophan</b>	5	mg	
<b>vitamin B-6, total</b>	0.52	mg	
<b>vitamin B-12</b>	19	µg	
<b>vitamin C</b>	23.3	mg	
<b>folate, total</b>	270	µg	
<b>ash</b>	2.84	g	
<b>sodium</b>	530	mg	
<b>potassium</b>	300	mg	
<b>calcium</b>	16	mg	
<b>phosphorus</b>	290	mg	
<b>magnesium</b>	33	mg	
<b>iron, total</b>	8.3	mg	
<b>zinc</b>	3.1	mg	

## Legend

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

## References