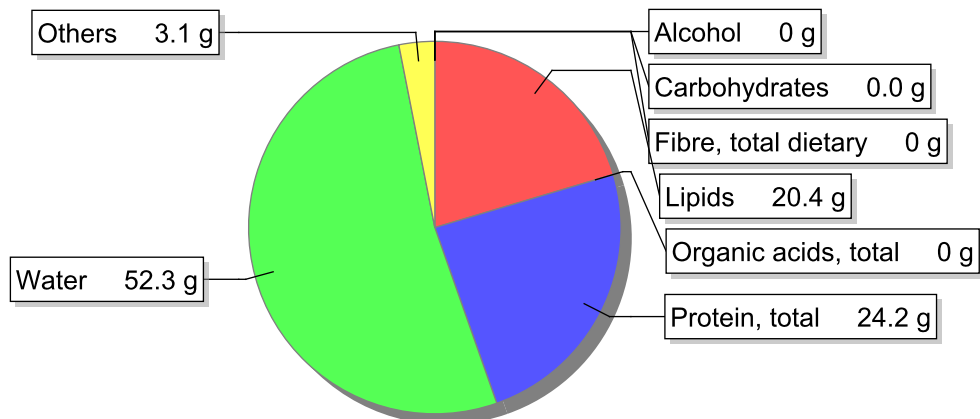


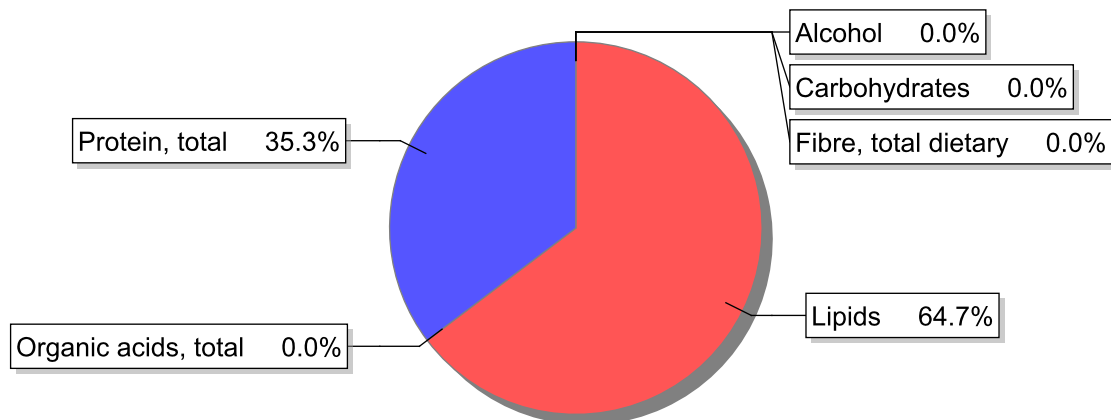
## Food

**Name:** Beef, roasting piece, roasted with olive oil and margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 93%  
**Code:** IS215  
**FoodEX2 Code:** A01QX

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	280	kcal	
energy kJ, total metabolisable	1170	kJ	
fatty acids, total saturated	7.2	g	
fatty acids, total monounsaturated	9.7	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.40	g	
fatty acids, total trans	0.6	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>oligosaccharides, available</b>	0	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	24.2	g	
<b>alcohol</b>	0	g	
<b>water</b>	52.3	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	76	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	23	µg	
<b>carotene, total (vitamin A precursors)</b>	16	µg	
<b>vitamin D</b>	0.4	µg	
<b>alpha-tocopherol</b>	0.6	mg	
<b>thiamin</b>	0.05	mg	
<b>riboflavin</b>	0.16	mg	
<b>niacin, preformed</b>	3.3	mg	
<b>niacin equivalents, total</b>	9.48	mg	
<b>niacin equivalents from tryptophan</b>	5.11	mg	
<b>vitamin B-6, total</b>	0.29	mg	
<b>vitamin B-12</b>	1.8	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	23	µg	
<b>ash</b>	1.83	g	
<b>sodium</b>	460	mg	
<b>potassium</b>	280	mg	
<b>calcium</b>	16	mg	
<b>phosphorus</b>	230	mg	
<b>magnesium</b>	26	mg	
<b>iron, total</b>	2.2	mg	
<b>zinc</b>	4.4	mg	

## Legend

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

## References