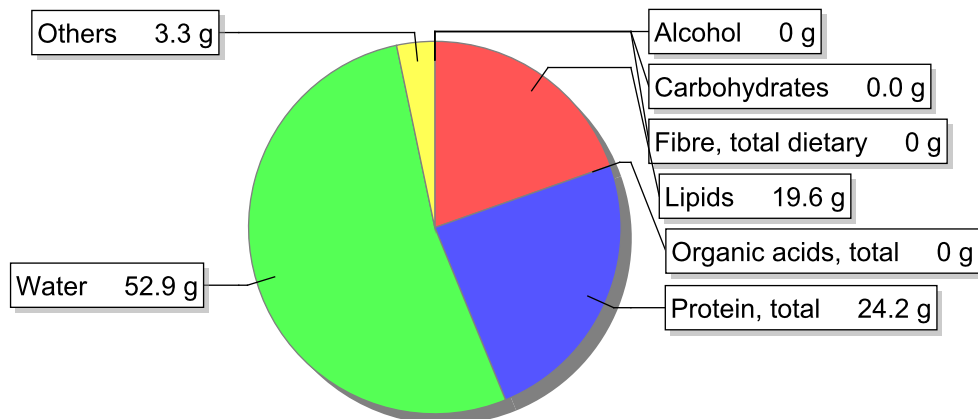


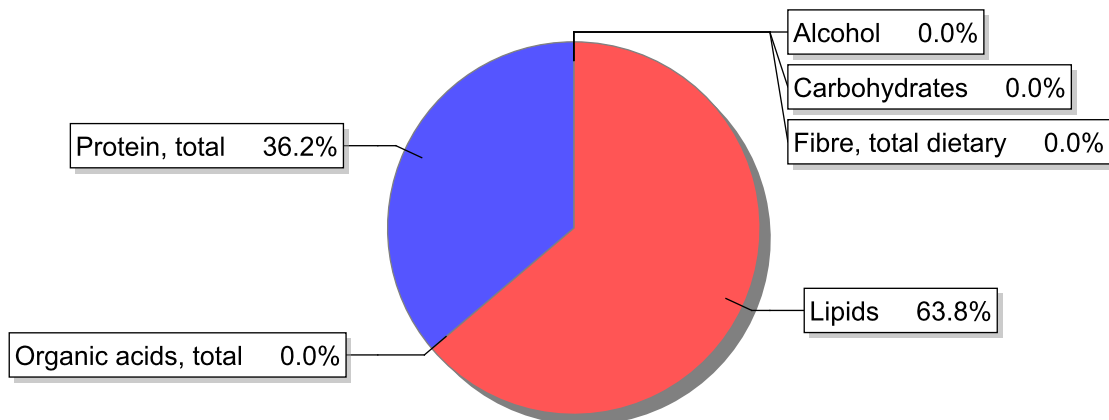
Food

Name: Beef, roasting piece, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 93%
Code: IS214
FoodEX2 Code: A01QX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	273	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	8.2	g	
fatty acids, total monounsaturated	7.3	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	1.94	g	
fatty acids, total trans	0.6	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	24.2	g	
alcohol	0	g	
water	52.9	g	
organic acids, total	0	g	
cholesterol	76	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	47	µg	
carotene, total (vitamin A precursors)	31	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.05	mg	
thiamin	0.05	mg	
riboflavin	0.16	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	9.48	mg	
niacin equivalents from tryptophan	5.11	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	1.8	µg	
vitamin C	0	mg	
folate, total	23	µg	
ash	1.96	g	
sodium	500	mg	
potassium	280	mg	
calcium	16	mg	
phosphorus	230	mg	
magnesium	26	mg	
iron, total	2.2	mg	
zinc	4.4	mg	

Legend

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

References