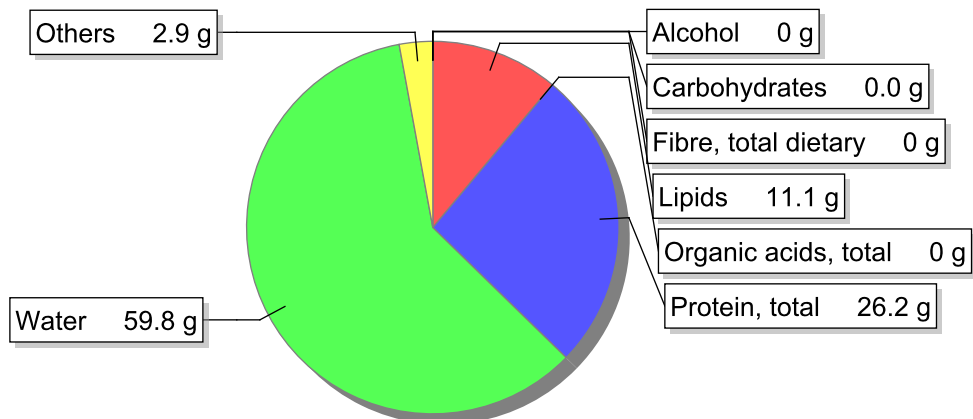


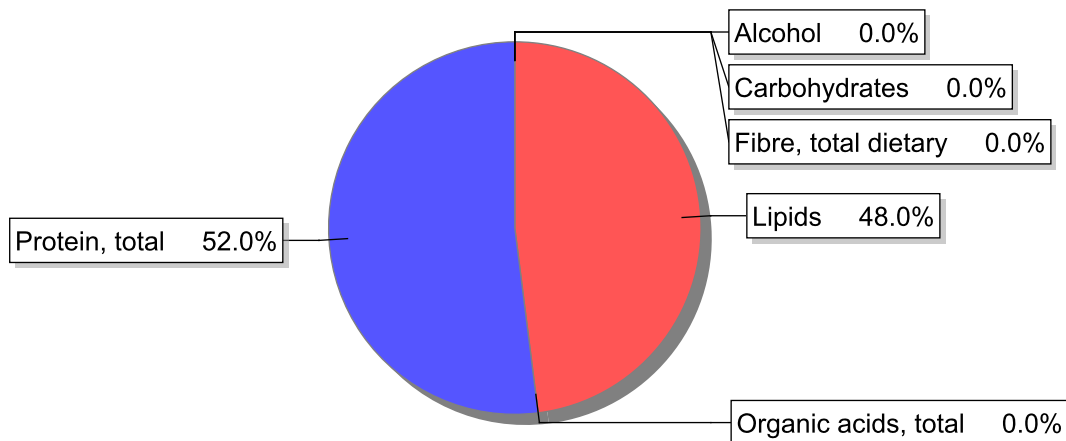
Food

Name: Beef, sirloin, lean, roasted with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS211
FoodEX2 Code: A01QX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	205	kcal	
energy kJ, total metabolisable	856	kJ	
fatty acids, total saturated	3.9	g	
fatty acids, total monounsaturated	5.5	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.15	g	
fatty acids, total trans	0.2	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
fibre, total dietary	0	g	
protein, total	26.2	g	
alcohol	0	g	
water	59.8	g	
organic acids, total	0	g	
cholesterol	76	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	23	µg	
carotene, total (vitamin A precursors)	16	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.61	mg	
thiamin	0.03	mg	
riboflavin	0.14	mg	
niacin, preformed	2.4	mg	
niacin equivalents, total	9.85	mg	
niacin equivalents from tryptophan	5.61	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	2.33	g	
sodium	440	mg	
potassium	210	mg	
calcium	10	mg	
phosphorus	140	mg	
magnesium	23	mg	
iron, total	1.8	mg	
zinc	4.5	mg	

Legend

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

References