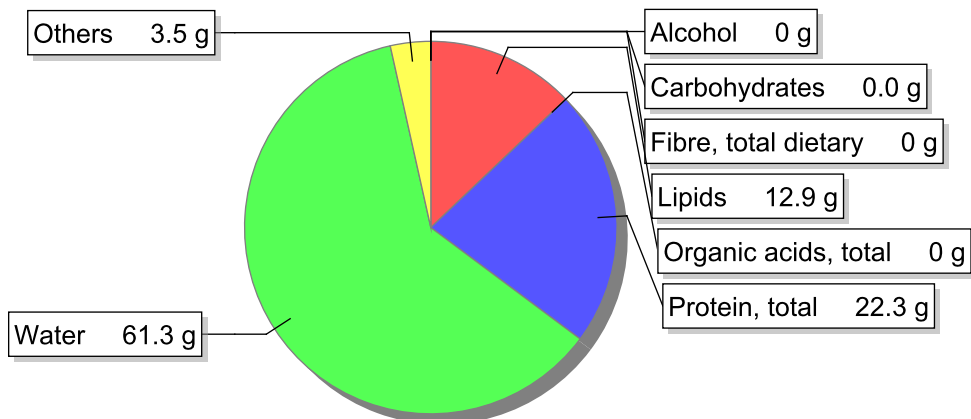


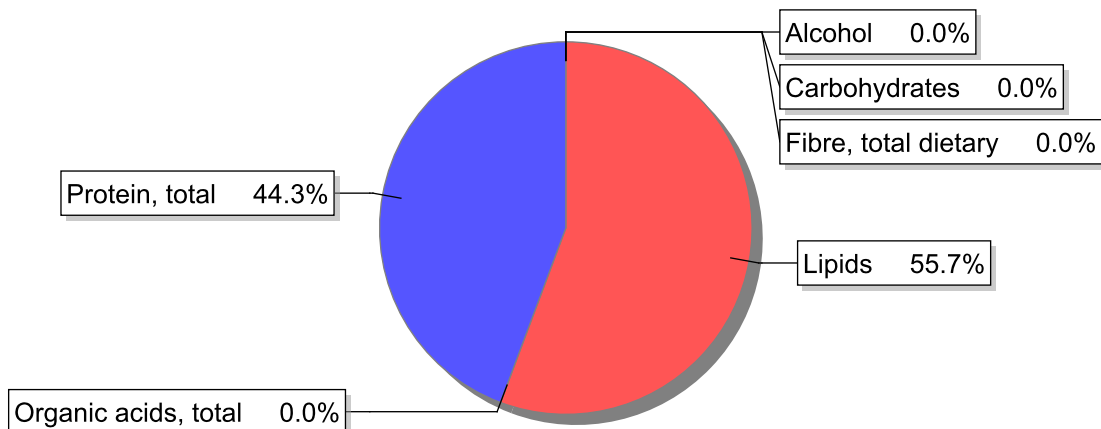
Food

Name: Kidney, lamb, fried in margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 94%
Code: IS333
FoodEX2 Code: A01YN

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	6.2	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	2.6	g	
fatty acid 18:2 n-6 cis,cis	2.35	g	
fatty acids, total trans	0.1	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.8	g	
fibre, total dietary	0	g	
protein, total	22.3	g	
alcohol	0	g	
water	61.3	g	
organic acids, total	0	g	
cholesterol	379	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	203	µg	
carotene, total (vitamin A precursors)	44	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.51	mg	
thiamin	0.4	mg	
riboflavin	3.1	mg	
niacin, preformed	6.7	mg	
niacin equivalents, total	12.6	mg	
niacin equivalents from tryptophan	4.81	mg	
vitamin B-6, total	0.67	mg	
vitamin B-12	18	µg	
vitamin C	12.4	mg	
folate, total	9.3	µg	
ash	3.13	g	
sodium	700	mg	
potassium	290	mg	
calcium	15	mg	
phosphorus	250	mg	
magnesium	23	mg	
iron, total	6.8	mg	
zinc	2.2	mg	

Legend

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

References