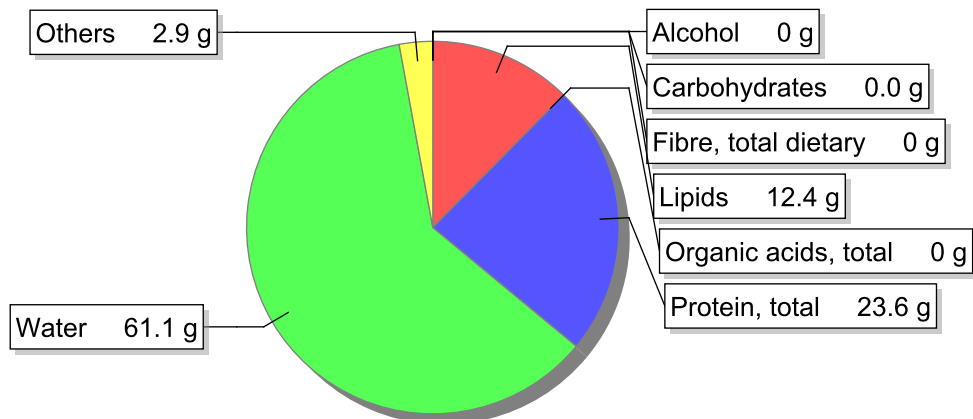


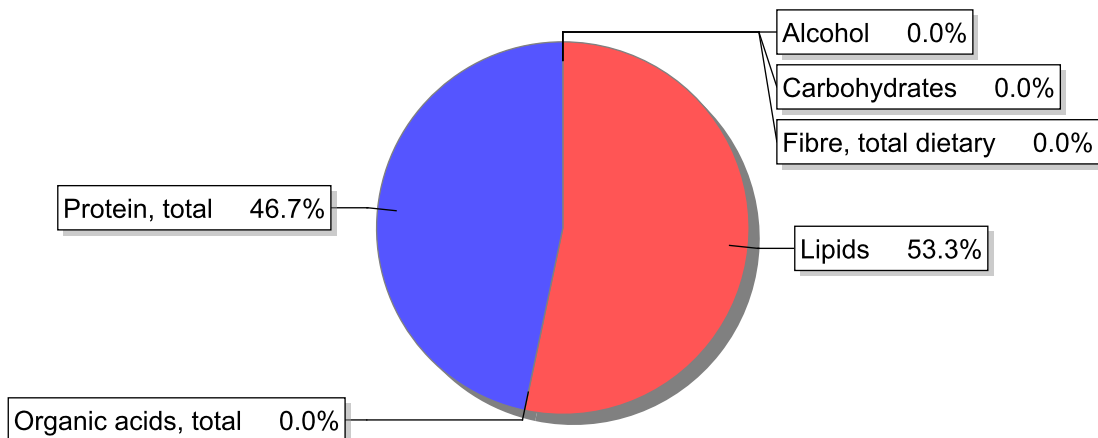
## Food

**Name:** Kidney, pork, fried in margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Offals  
**Edible Part:** 96%  
**Code:** IS335  
**FoodEX2 Code:** A01YM

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	206	kcal	
energy kJ, total metabolisable	860	kJ	
fatty acids, total saturated	5.6	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	3	g	
fatty acid 18:2 n-6 cis,cis	2.62	g	
fatty acids, total trans	0	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>salt</b>	1.4	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	23.6	g	
<b>alcohol</b>	0	g	
<b>water</b>	61.1	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	548	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	214	µg	
<b>carotene, total (vitamin A precursors)</b>	41	µg	
<b>vitamin D</b>	0.0	µg	
<b>alpha-tocopherol</b>	0.61	mg	
<b>thiamin</b>	0.62	mg	
<b>riboflavin</b>	3.7	mg	
<b>niacin, preformed</b>	9.4	mg	
<b>niacin equivalents, total</b>	16.6	mg	
<b>niacin equivalents from tryptophan</b>	4.99	mg	
<b>vitamin B-6, total</b>	0.48	mg	
<b>vitamin B-12</b>	46	µg	
<b>vitamin C</b>	10.4	mg	
<b>folate, total</b>	51	µg	
<b>ash</b>	2.51	g	
<b>sodium</b>	560	mg	
<b>potassium</b>	260	mg	
<b>calcium</b>	18	mg	
<b>phosphorus</b>	330	mg	
<b>magnesium</b>	26	mg	
<b>iron, total</b>	6.6	mg	
<b>zinc</b>	2.8	mg	

## Legend

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

## References