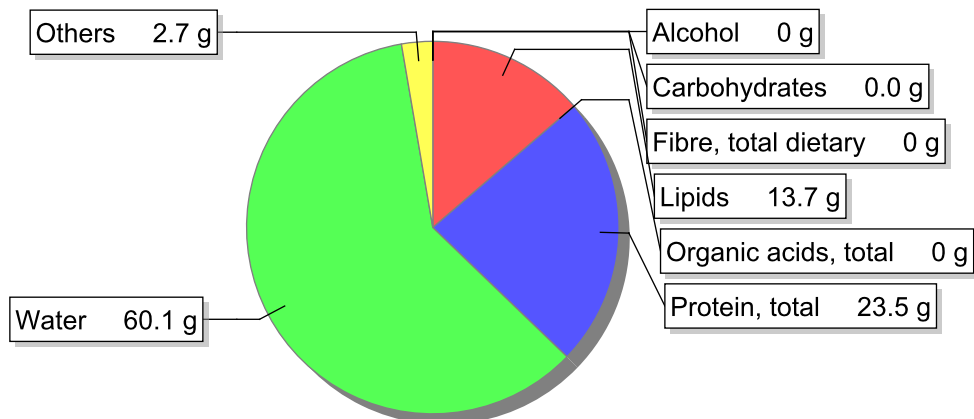


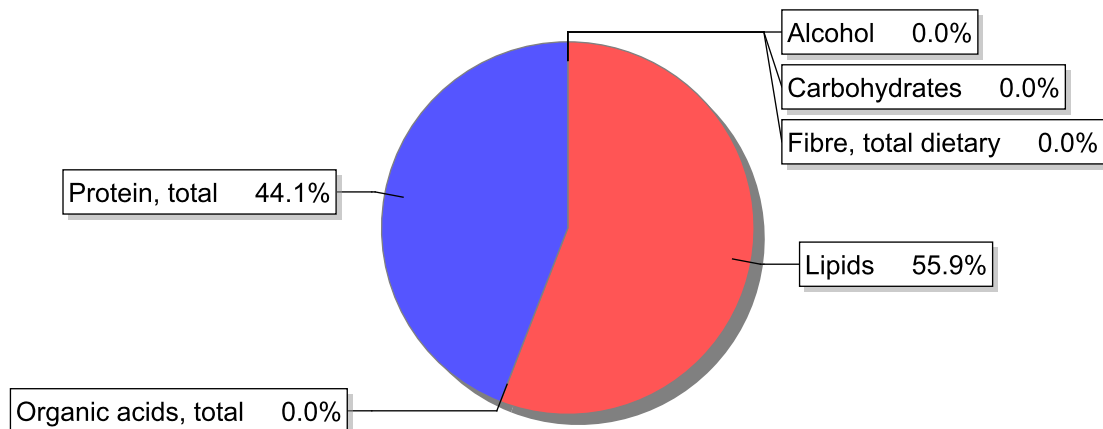
Food

Name: Veal, loin, fried in margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS236
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	217	kcal	
energy kJ, total metabolisable	906	kJ	
fatty acids, total saturated	6.2	g	
fatty acids, total monounsaturated	5.3	g	
fatty acids, total polyunsaturated	1.7	g	
fatty acid 18:2 n-6 cis,cis	1.31	g	
fatty acids, total trans	0.5	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
starch, total	0	g	
protein, total	23.5	g	
alcohol	0	g	
water	60.1	g	
organic acids, total	0	g	
cholesterol	108	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	24	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.14	mg	
riboflavin	0.21	mg	
niacin, preformed	5.9	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	4.97	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	5.6	µg	
ash	2.54	g	
sodium	430	mg	
potassium	280	mg	
calcium	15	mg	
phosphorus	200	mg	
magnesium	21	mg	
iron, total	1.1	mg	
zinc	3.6	mg	

Legend

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

References