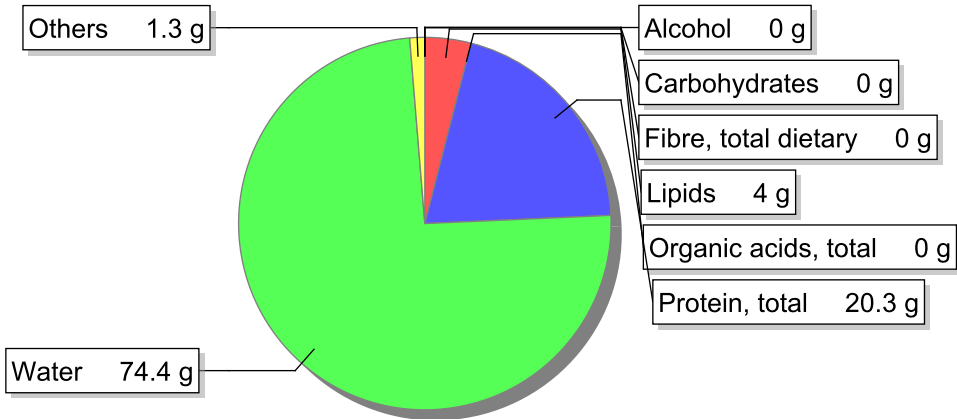


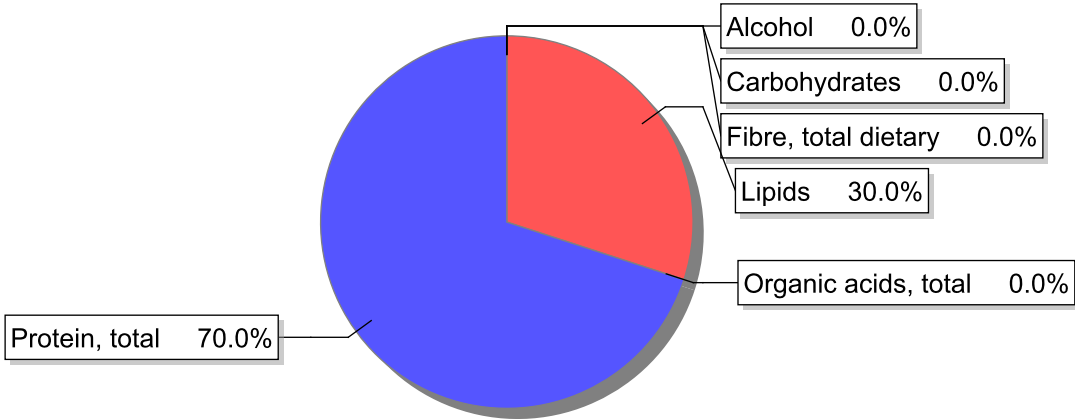
Food

Name: Rabbit, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 65%
Code: IS274
FoodEX2 Code: A01RQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	117	kcal	
energy kJ, total metabolisable	493	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	20.3	g	57
alcohol	0	g	
water	74.4	g	
organic acids, total	0	g	
cholesterol	48	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.5	µg	
alpha-tocopherol	0.13	mg	
thiamin	0.1	mg	
riboflavin	0.16	mg	57
niacin, preformed	4	mg	57
niacin equivalents, total	7.8	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.5	mg	57
vitamin B-12	9	µg	
vitamin C	0	mg	
folate, total	5	µg	57
ash	1.30	g	
sodium	58	mg	57
potassium	380	mg	57
calcium	17	mg	57
phosphorus	220	mg	57
magnesium	20	mg	57
iron, total	1	mg	
zinc	1.5	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB