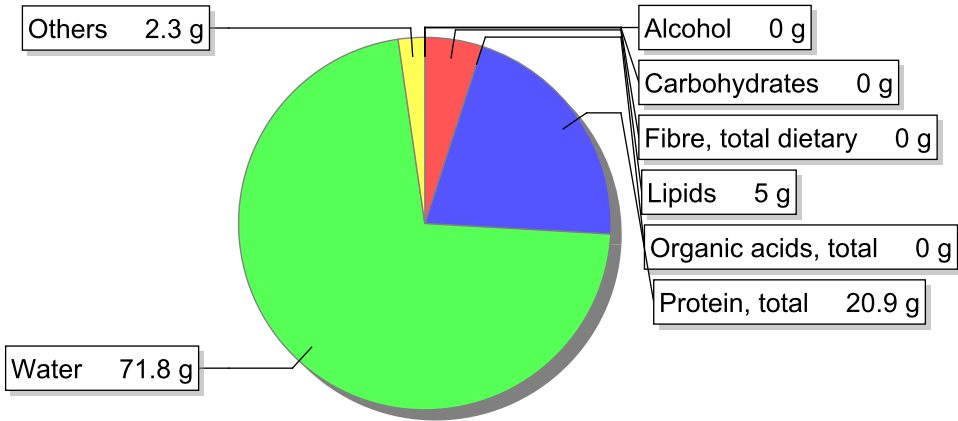


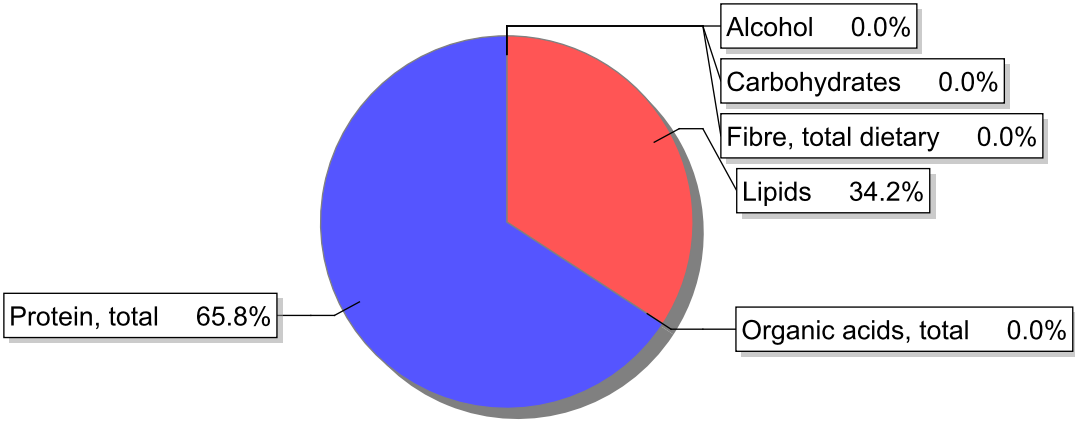
Food

Name: Liver, pork, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS321
FoodEX2 Code: A01XJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	129	kcal	
energy kJ, total metabolisable	540	kJ	
fatty acids, total saturated	1.7	g	
fatty acids, total monounsaturated	1.7	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.7	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	20.9	g	57
alcohol	0	g	
water	71.8	g	
organic acids, total	0	g	
cholesterol	237	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	9000	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	1.1	µg	57
alpha-tocopherol	0.33	mg	
thiamin	0.41	mg	
riboflavin	3.3	mg	
niacin, preformed	16	mg	57
niacin equivalents, total	20	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.58	mg	
vitamin B-12	23	µg	
vitamin C	28	mg	57
folate, total	290	µg	
ash	1.60	g	
sodium	110	mg	57
potassium	360	mg	57
calcium	14	mg	57
phosphorus	320	mg	57
magnesium	32	mg	57
iron, total	7.8	mg	57
zinc	3.3	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