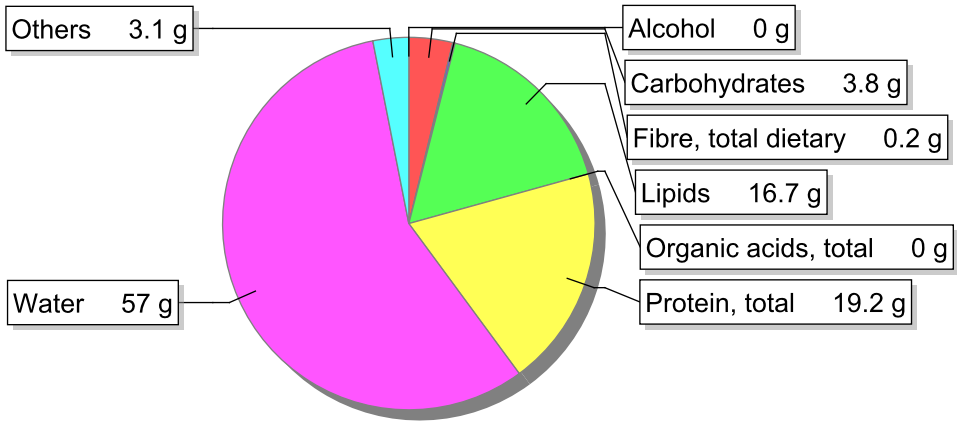


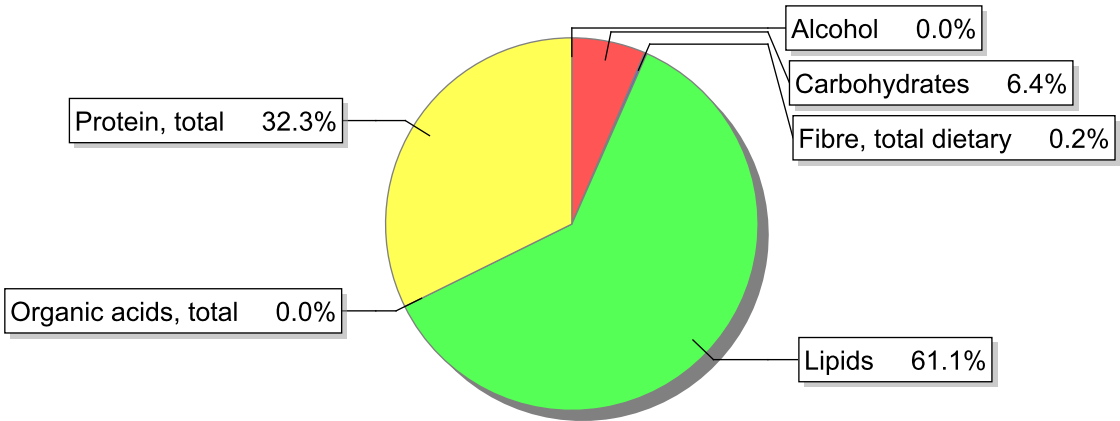
Food

Name: Meatballs, cow and pork
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS373
FoodEX2 Code: A03XG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	243	kcal	
energy kJ, total metabolisable	1010	kJ	
fatty acids, total saturated	6.9	g	
fatty acids, total monounsaturated	5.5	g	
fatty acids, total polyunsaturated	2.7	g	
fatty acid 18:2 n-6 cis,cis	2.42	g	
fatty acids, total trans	0.3	g	
sugars, total	1.2	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	1	g	
salt	1.9	g	
fibre, total dietary	0.2	g	
protein, total	19.2	g	
alcohol	0	g	
water	57	g	
organic acids, total	0	g	
cholesterol	100	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	
carotene, total (vitamin A precursors)	32	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.34	mg	
thiamin	0.13	mg	
riboflavin	0.2	mg	
niacin, preformed	3	mg	
niacin equivalents, total	8.21	mg	
niacin equivalents from tryptophan	4.16	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	1.1	µg	
vitamin C	0.2	mg	
folate, total	8.7	µg	
ash	2.85	g	
sodium	770	mg	
potassium	240	mg	
calcium	39	mg	
phosphorus	200	mg	
magnesium	22	mg	
iron, total	1.4	mg	
zinc	3.7	mg	

Legend

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

References