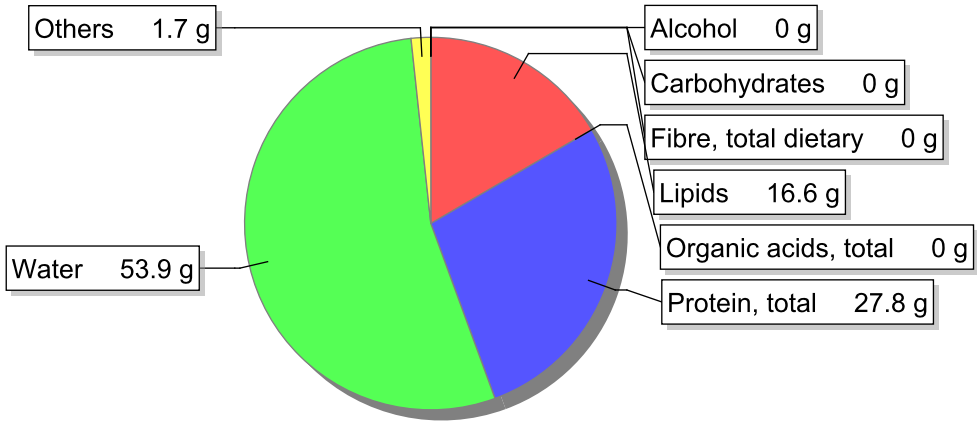


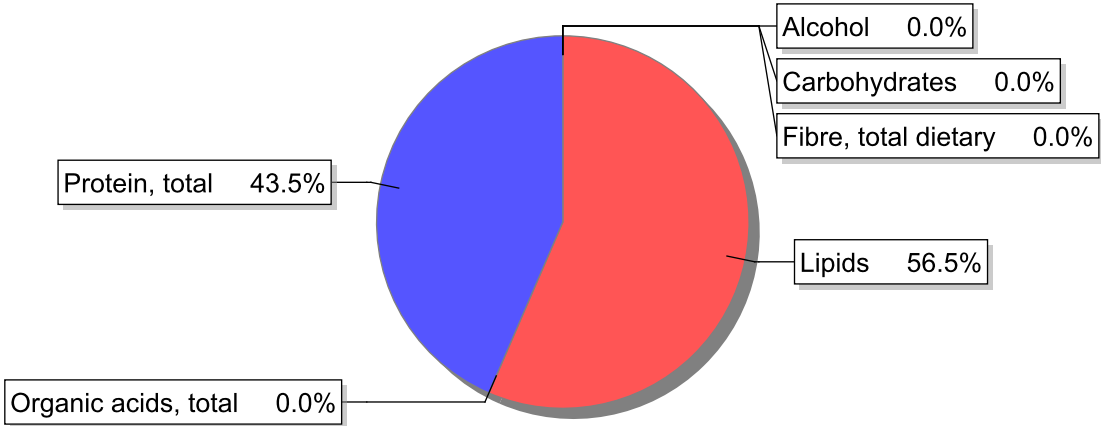
Food

Name: Hamburger, pork, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS296
FoodEX2 Code: A03XF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	261	kcal	
energy kJ, total metabolisable	1090	kJ	
fatty acids, total saturated	5.7	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	2.8	g	
fatty acid 18:2 n-6 cis,cis	2.3	g	
fatty acids, total trans	0.1	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	27.8	g	
alcohol	0	g	
water	53.9	g	
organic acids, total	0	g	
cholesterol	83	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.8	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.6	mg	
riboflavin	0.3	mg	
niacin, preformed	7.2	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	5.9	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	7.6	µg	
ash	1.70	g	
sodium	230	mg	
potassium	390	mg	
calcium	19	mg	
phosphorus	240	mg	
magnesium	26	mg	
iron, total	2.1	mg	
zinc	3.1	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB