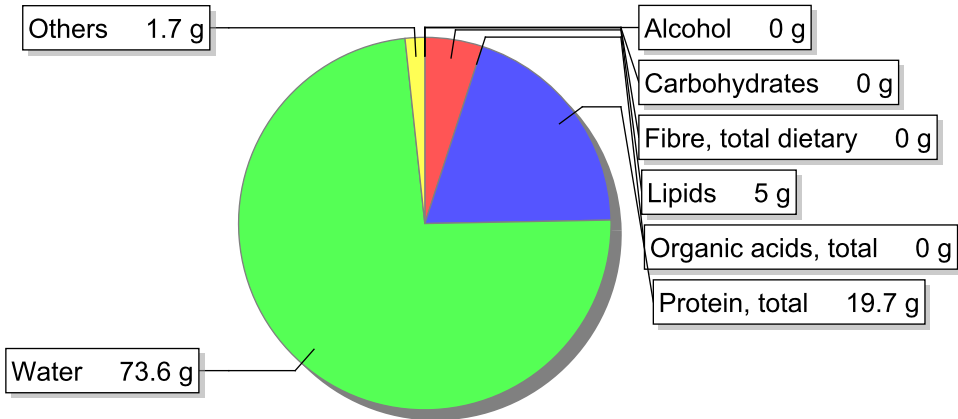


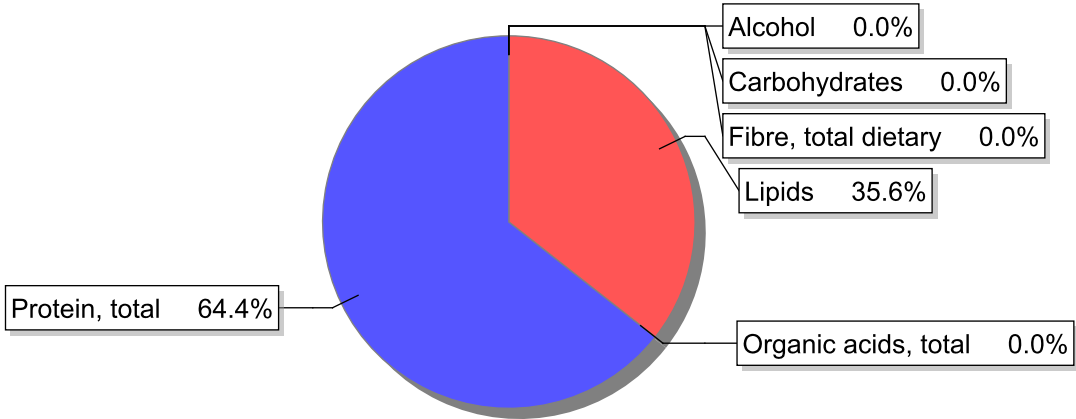
Food

Name: Lamb, cutlet or leg, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 62%
Code: IS096
FoodEX2 Code: A01RK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	124	kcal	
energy kJ, total metabolisable	520	kJ	
fatty acids, total saturated	2.2	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.2	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	19.7	g	57
alcohol	0	g	
water	73.6	g	57
organic acids, total	0	g	
cholesterol	68	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.4	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.14	mg	
riboflavin	0.24	mg	57
niacin, preformed	5	mg	
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	57
folate, total	3	µg	
ash	1.20	g	
sodium	64	mg	
potassium	280	mg	
calcium	11	mg	57
phosphorus	220	mg	57
magnesium	27	mg	
iron, total	1.7	mg	57
zinc	3.8	mg	

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