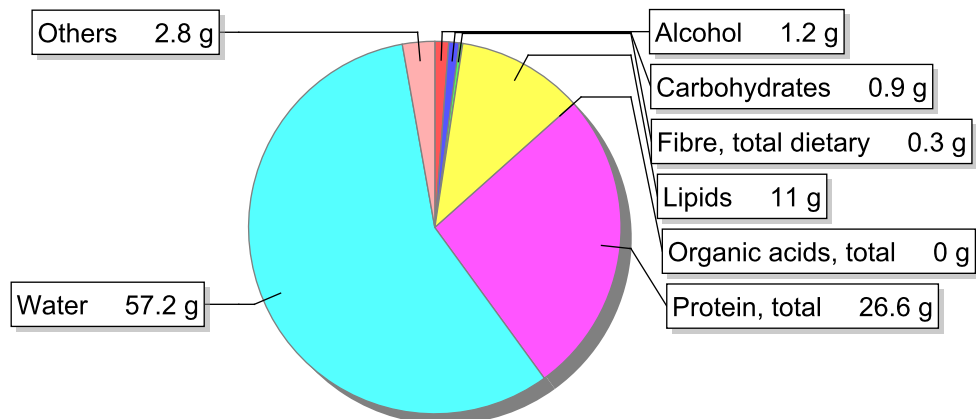


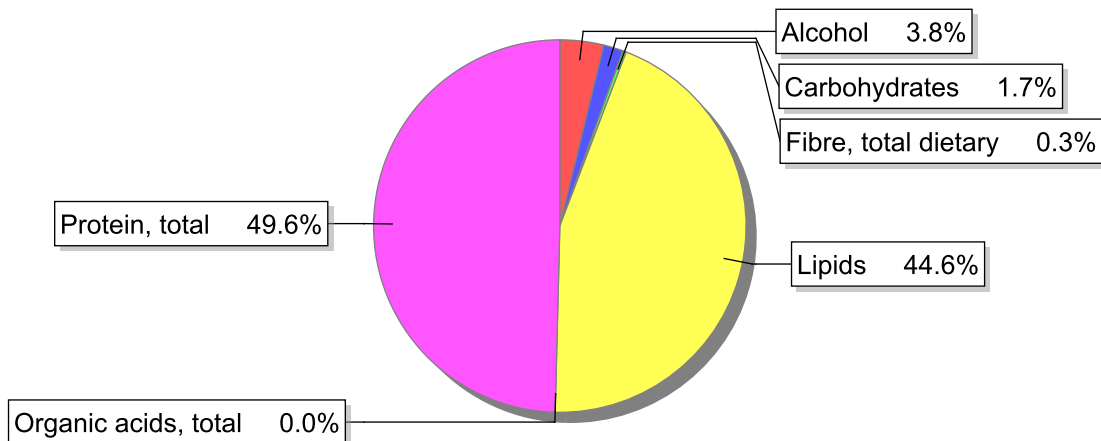
Food

Name: Rabbit, stewed with olive oil
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 79%
Code: IS276
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	218	kcal	
energy kJ, total metabolisable	912	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	5.7	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.16	g	
fatty acids, total trans	0	g	
sugars, total	0.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
starch, total	0	g	
protein, total	26.6	g	
alcohol	1.2	g	
water	57.2	g	
organic acids, total	0	g	
cholesterol	62	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	1.04	mg	
thiamin	0.09	mg	
riboflavin	0.16	mg	
niacin, preformed	3	mg	
niacin equivalents, total	10.3	mg	
niacin equivalents from tryptophan	4.95	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	7	µg	
vitamin C	1.4	mg	
folate, total	7.1	µg	
ash	2.96	g	
sodium	490	mg	
potassium	320	mg	
calcium	27	mg	
phosphorus	220	mg	
magnesium	24	mg	
iron, total	1.5	mg	
zinc	1.9	mg	

Legend

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

References