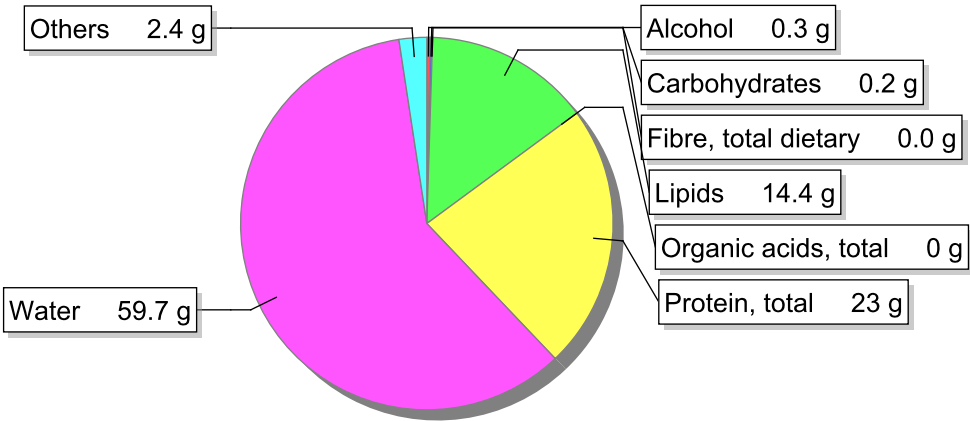


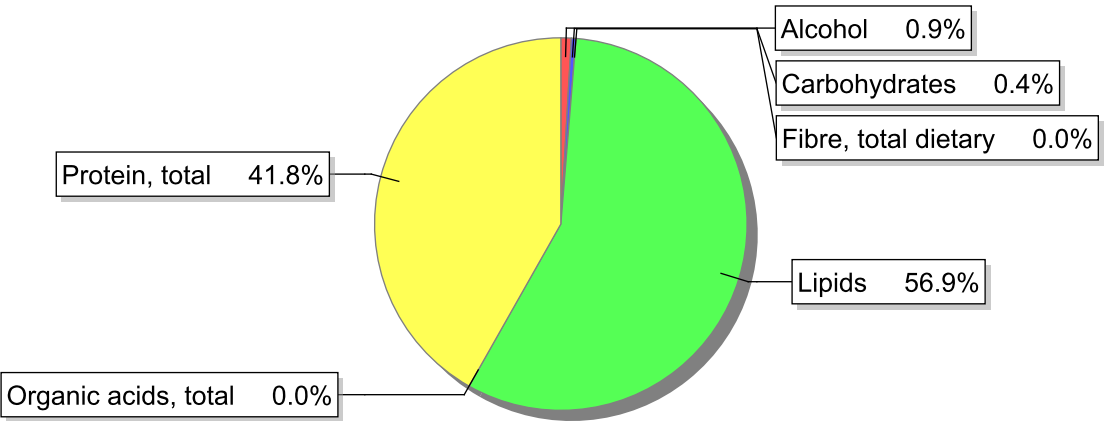
Food

Name: Veal, loin, roasted with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS230
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	225	kcal	
energy kJ, total metabolisable	936	kJ	
fatty acids, total saturated	5.3	g	
fatty acids, total monounsaturated	7.3	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	0.888	g	
fatty acids, total trans	0.5	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1	g	
fibre, total dietary	0.0	g	
protein, total	23	g	
alcohol	0.3	g	
water	59.7	g	
organic acids, total	0	g	
cholesterol	105	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	17	µg	
carotene, total (vitamin A precursors)	11	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.68	mg	
thiamin	0.13	mg	
riboflavin	0.2	mg	
niacin, preformed	5.7	mg	
niacin equivalents, total	12.7	mg	
niacin equivalents from tryptophan	4.84	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	1	µg	
vitamin C	0.1	mg	
folate, total	5.5	µg	
ash	2.40	g	
sodium	380	mg	
potassium	280	mg	
calcium	15	mg	
phosphorus	200	mg	
magnesium	21	mg	
iron, total	1.1	mg	
zinc	3.5	mg	

Legend

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

References