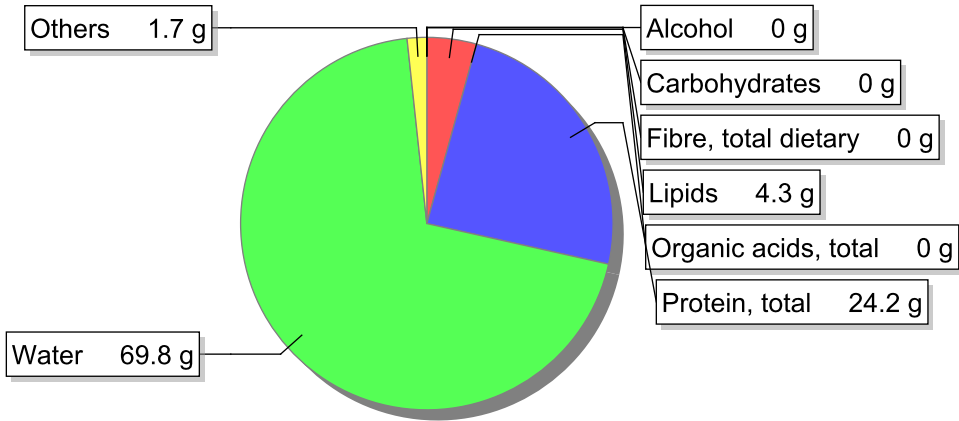


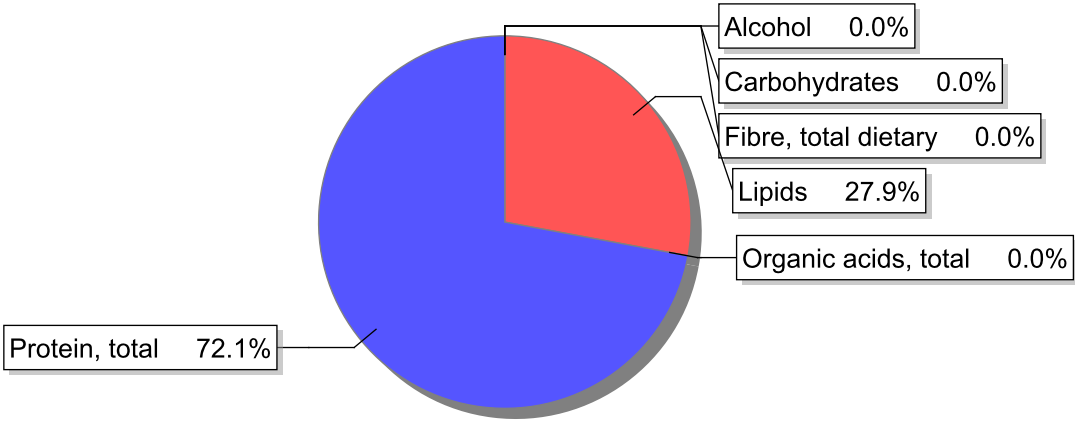
Food

Name: Horse, sirloin, roasted, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 87%
Code: IS148
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	136	kcal	
energy kJ, total metabolisable	571	kJ	
fatty acids, total saturated	1.9	g	
fatty acids, total monounsaturated	1.3	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.1	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	24.2	g	
alcohol	0	g	
water	69.8	g	
organic acids, total	0	g	
cholesterol	58	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	22	µg	
carotene, total (vitamin A precursors)	6	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.06	mg	
riboflavin	0.14	mg	
niacin, preformed	3.7	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	2.7	µg	
vitamin C	0	mg	
folate, total	18	µg	
ash	1.70	g	
sodium	250	mg	
potassium	310	mg	
calcium	16	mg	
phosphorus	230	mg	
magnesium	29	mg	
iron, total	4.5	mg	
zinc	3.8	mg	

Legend

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

References