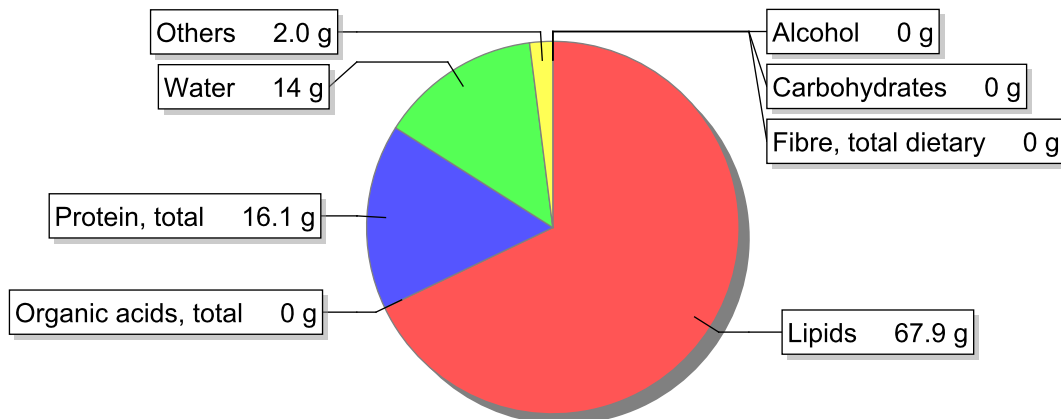


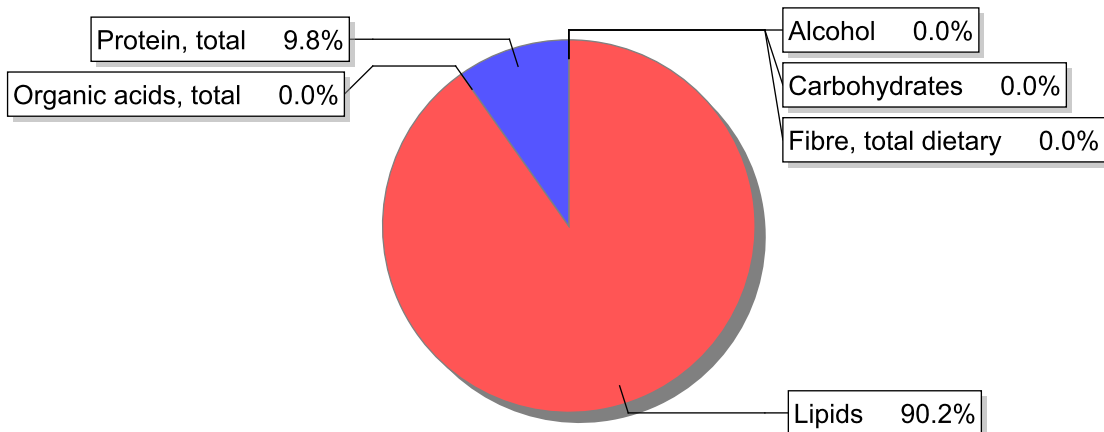
### Food

**Name:** Pork's backfat, lean and fat, grilled, no salt added  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 100%  
**Code:** IS310  
**FoodEX2 Code:** A01VA

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	676	kcal	
energy kJ, total metabolisable	2790	kJ	
fatty acids, total saturated	22.7	g	
fatty acids, total monounsaturated	26.3	g	
fatty acids, total polyunsaturated	10.4	g	
fatty acid 18:2 n-6 cis,cis	8.9	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	16.1	g	
<b>alcohol</b>	0	g	
<b>water</b>	14	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	100	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.03	mg	
<b>thiamin</b>	1.1	mg	
<b>riboflavin</b>	0.29	mg	
<b>niacin, preformed</b>	2.3	mg	
<b>niacin equivalents, total</b>	5.3	mg	
<b>niacin equivalents from tryptophan</b>	3	mg	
<b>vitamin B-6, total</b>	0.13	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	3.3	µg	
<b>ash</b>	2.00	g	
<b>sodium</b>	140	mg	
<b>potassium</b>	97	mg	
<b>calcium</b>	25	mg	
<b>phosphorus</b>	16	mg	
<b>magnesium</b>	99	mg	
<b>iron, total</b>	0.6	mg	
<b>zinc</b>	1.4	mg	

## Legend

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

## References