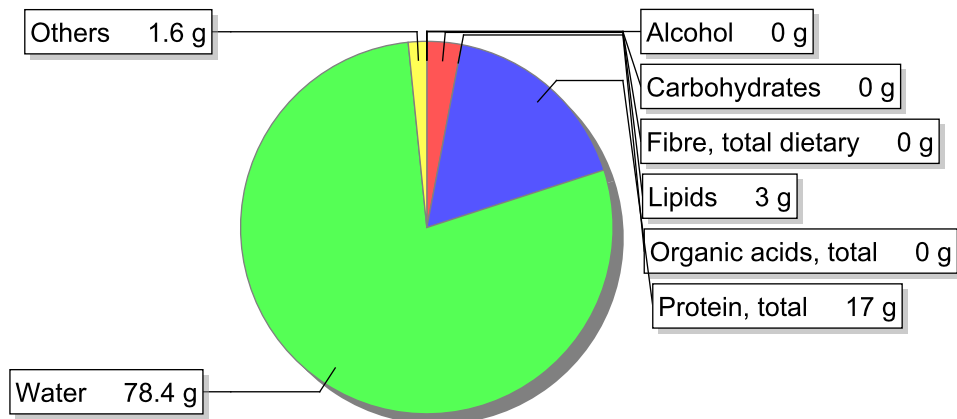


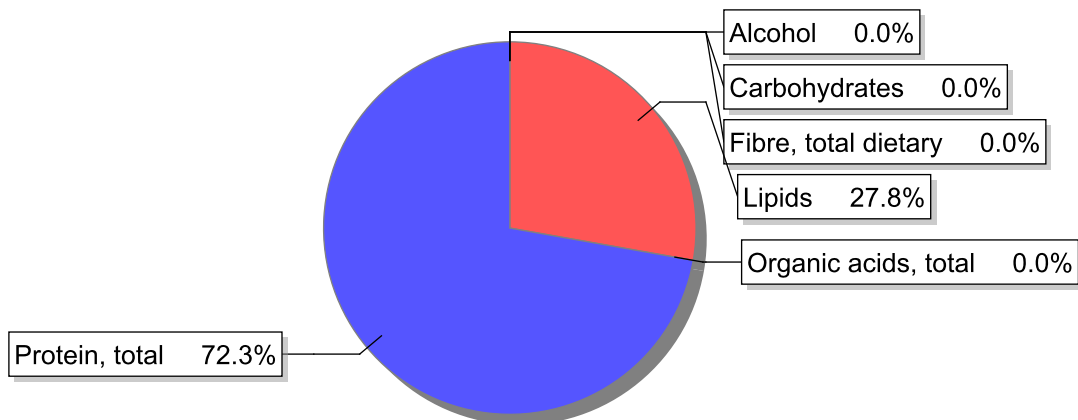
Food

Name: Kidney, pork, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 96%
Code: IS334
FoodEX2 Code: A01YM

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	95	kcal	
energy kJ, total metabolisable	400	kJ	
fatty acids, total saturated	1	g	57
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	17	g	57
alcohol	0	g	
water	78.4	g	
organic acids, total	0	g	
cholesterol	395	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	110	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.44	mg	
thiamin	0.53	mg	57
riboflavin	2.8	mg	
niacin, preformed	8	mg	57
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.43	mg	
vitamin B-12	44	µg	
vitamin C	10	mg	57
folate, total	43	µg	
ash	1.34	g	
sodium	260	mg	57
potassium	250	mg	
calcium	13	mg	57
phosphorus	300	mg	57
magnesium	21	mg	57
iron, total	5	mg	
zinc	2.4	mg	57

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