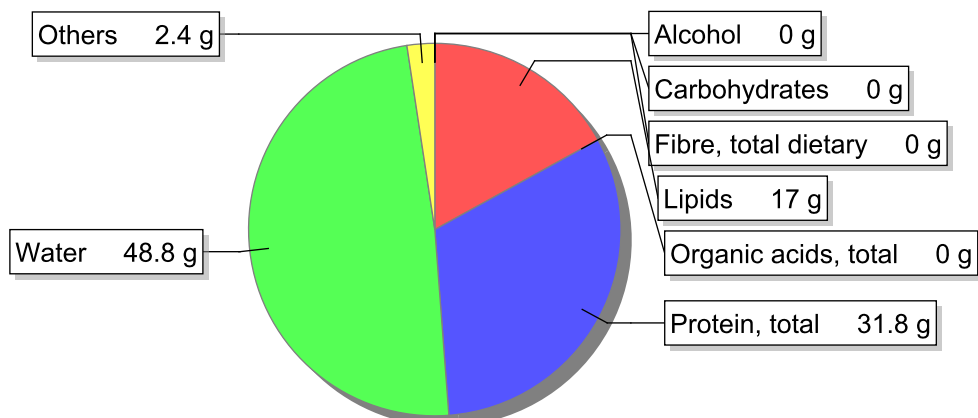


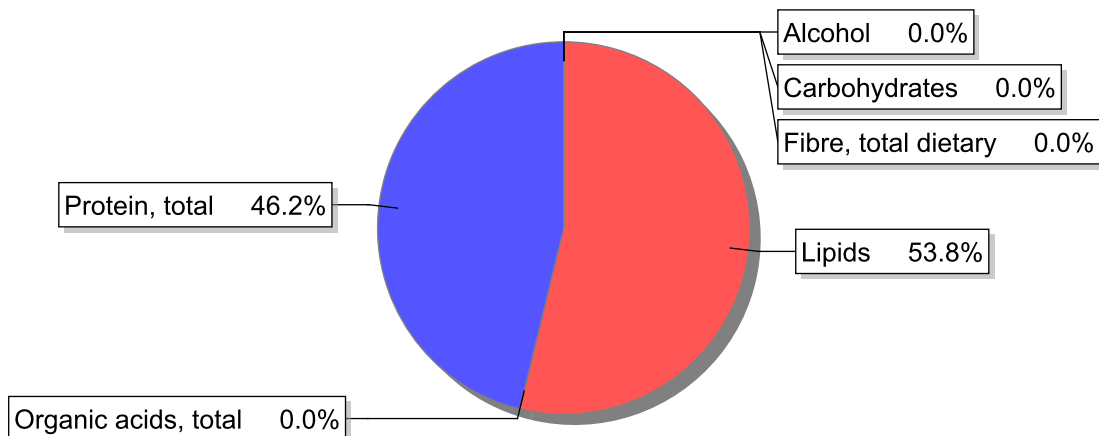
Food

Name: Beef, boiling or stewing, medium-fat, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS201
FoodEX2 Code: A01QX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	280	kcal	
energy kJ, total metabolisable	1170	kJ	
fatty acids, total saturated	6.5	g	
fatty acids, total monounsaturated	7.6	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.8	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	31.8	g	
alcohol	0	g	
water	48.8	g	
organic acids, total	0	g	
cholesterol	99	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.13	mg	
thiamin	0.07	mg	
riboflavin	0.24	mg	
niacin, preformed	3.9	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	6.8	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	16	µg	
ash	1.90	g	
sodium	250	mg	
potassium	290	mg	
calcium	18	mg	
phosphorus	330	mg	
magnesium	22	mg	
iron, total	1.1	mg	
zinc	5.2	mg	

Legend

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

References