

Food

Name: Lamb, cutlet or leg, roasted with olive oil and margarine

Group: Meat and meat products, fowl and game meat

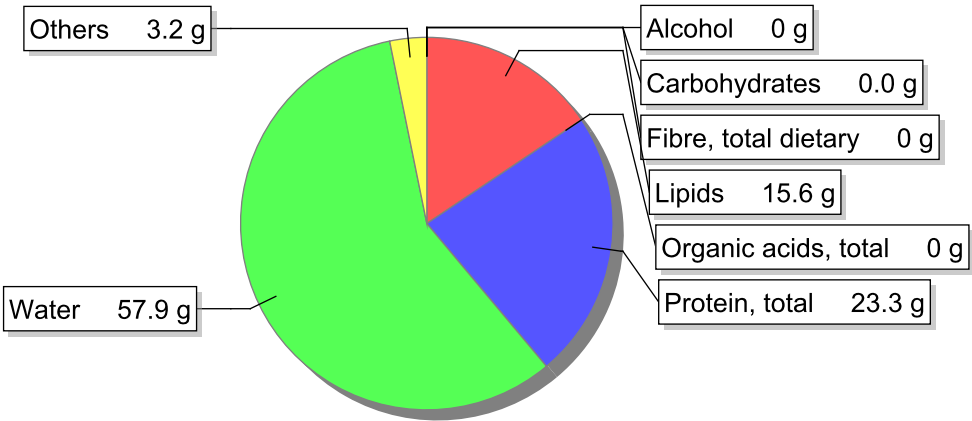
Subgroup: Meat

Edible Part: 62%

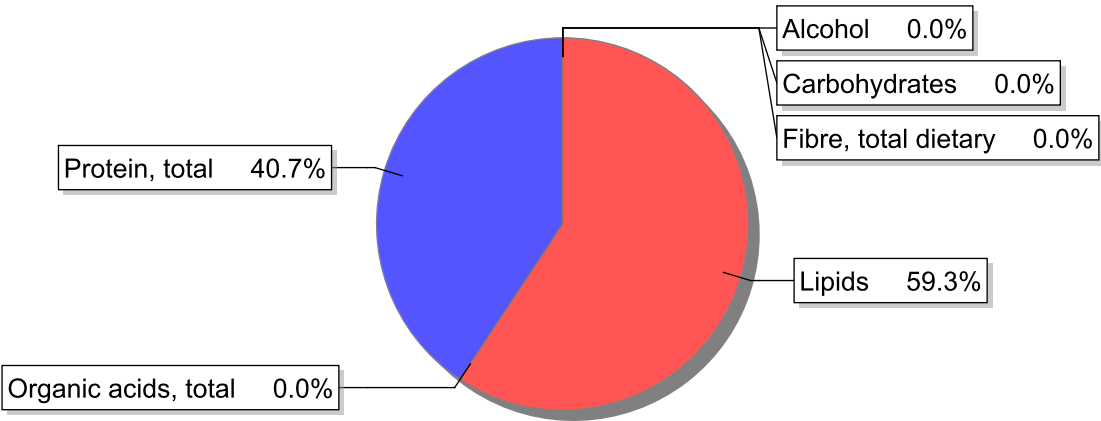
Code: IS122

FoodEX2 Code: A01RK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	234	kcal	
energy kJ, total metabolisable	973	kJ	
fatty acids, total saturated	5.5	g	
fatty acids, total monounsaturated	7	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.53	g	
fatty acids, total trans	0.2	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	23.3	g	
alcohol	0	g	
water	57.9	g	
organic acids, total	0	g	
cholesterol	80	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	32	µg	
carotene, total (vitamin A precursors)	22	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.87	mg	
thiamin	0.09	mg	
riboflavin	0.24	mg	
niacin, preformed	4.4	mg	
niacin equivalents, total	10.3	mg	
niacin equivalents from tryptophan	4.37	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	2.9	µg	
ash	2.65	g	
sodium	560	mg	
potassium	220	mg	
calcium	12	mg	
phosphorus	220	mg	
magnesium	30	mg	
iron, total	2	mg	
zinc	4.5	mg	

Legend

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

References