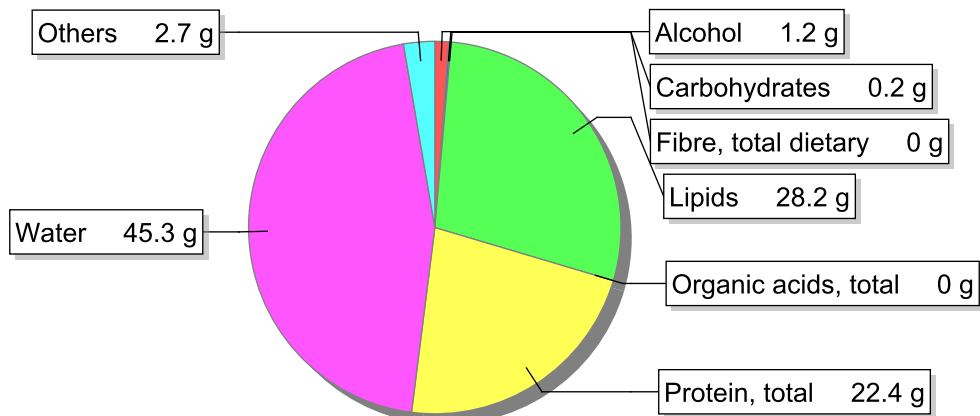


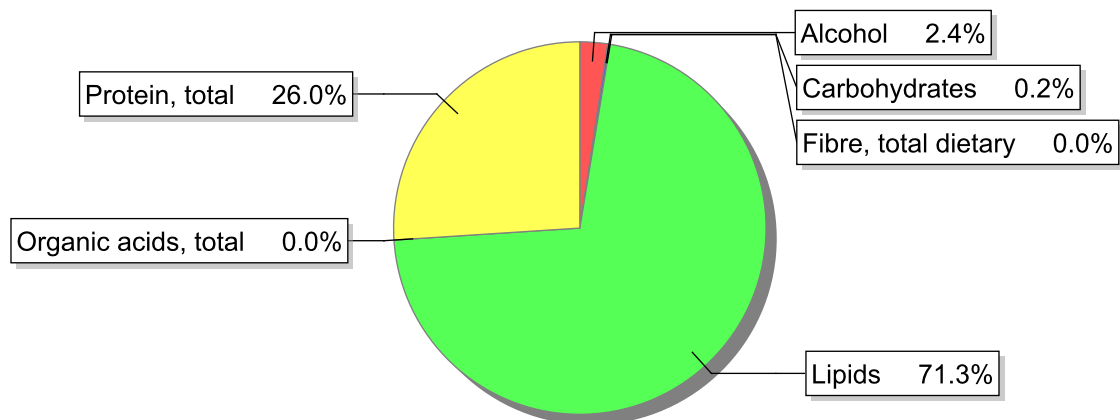
Food

Name: Pork, leg, fat, roasted with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 84%
Code: IS182
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	353	kcal	
energy kJ, total metabolisable	1460	kJ	
fatty acids, total saturated	9.4	g	
fatty acids, total monounsaturated	10.5	g	
fatty acids, total polyunsaturated	4.6	g	
fatty acid 18:2 n-6 cis,cis	3.99	g	
fatty acids, total trans	0.1	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	22.4	g	
alcohol	1.2	g	
water	45.3	g	
organic acids, total	0	g	
cholesterol	88	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	18	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.52	mg	
thiamin	0.49	mg	
riboflavin	0.25	mg	
niacin, preformed	7	mg	
niacin equivalents, total	13.6	mg	
niacin equivalents from tryptophan	4.09	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	1	µg	
ash	2.36	g	
sodium	490	mg	
potassium	250	mg	
calcium	14	mg	
phosphorus	210	mg	
magnesium	22	mg	
iron, total	1.3	mg	
zinc	2.1	mg	

Legend

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

References