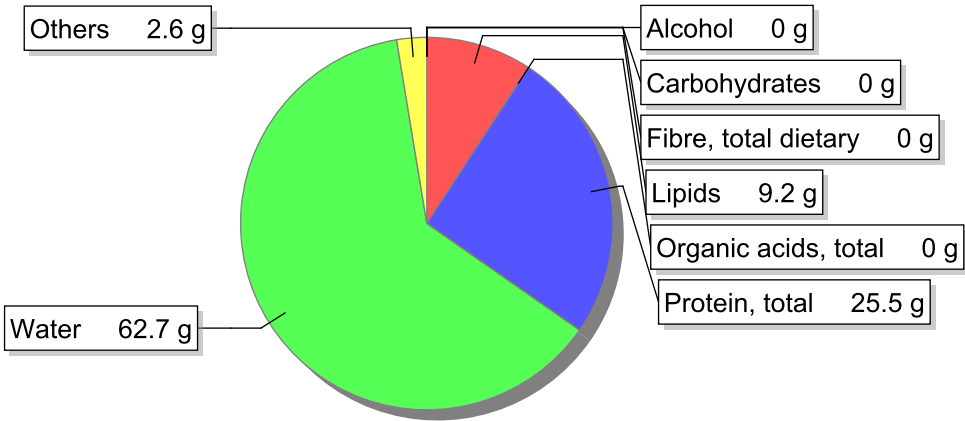


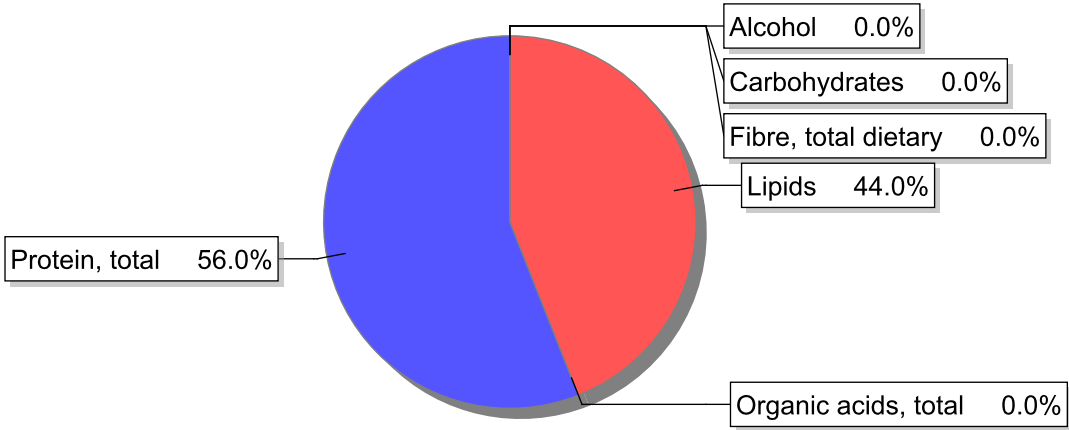
Food

Name: Lamb, cutlet or leg, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 62%
Code: IS105
FoodEX2 Code: A01RK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	185	kcal	
energy kJ, total metabolisable	774	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	3	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.4	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	25.5	g	
alcohol	0	g	
water	62.7	g	
organic acids, total	0	g	
cholesterol	96	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.08	mg	
riboflavin	0.21	mg	
niacin, preformed	3.7	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	1.6	µg	
vitamin C	0	mg	
folate, total	2.7	µg	
ash	1.90	g	
sodium	220	mg	
potassium	210	mg	
calcium	12	mg	
phosphorus	240	mg	
magnesium	25	mg	
iron, total	2.3	mg	
zinc	5.2	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB