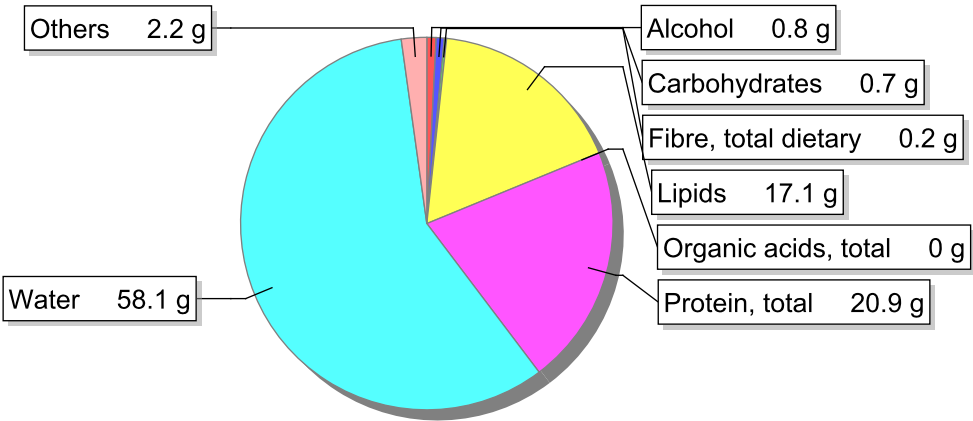


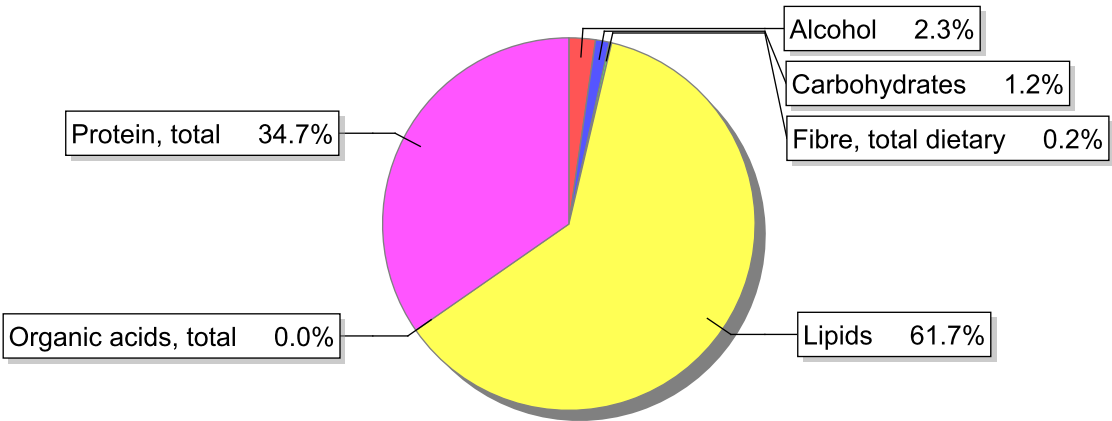
Food

Name: Pork, spare ribs, stewed with olive oil and lard
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 78%
Code: IS162
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	246	kcal	
energy kJ, total metabolisable	1020	kJ	
fatty acids, total saturated	5.2	g	
fatty acids, total monounsaturated	7.1	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.12	g	
fatty acids, total trans	0.1	g	
sugars, total	0.5	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.1	g	
fibre, total dietary	0.2	g	
protein, total	20.9	g	
alcohol	0.8	g	
water	58.1	g	
organic acids, total	0	g	
cholesterol	71	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	0.49	mg	
thiamin	0.35	mg	
riboflavin	0.2	mg	
niacin, preformed	4.3	mg	
niacin equivalents, total	11.7	mg	
niacin equivalents from tryptophan	4.46	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	0.63	µg	
vitamin C	1.1	mg	
folate, total	2.6	µg	
ash	2.24	g	
sodium	420	mg	
potassium	240	mg	
calcium	16	mg	
phosphorus	160	mg	
magnesium	20	mg	
iron, total	1	mg	
zinc	2.2	mg	

Legend

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

References