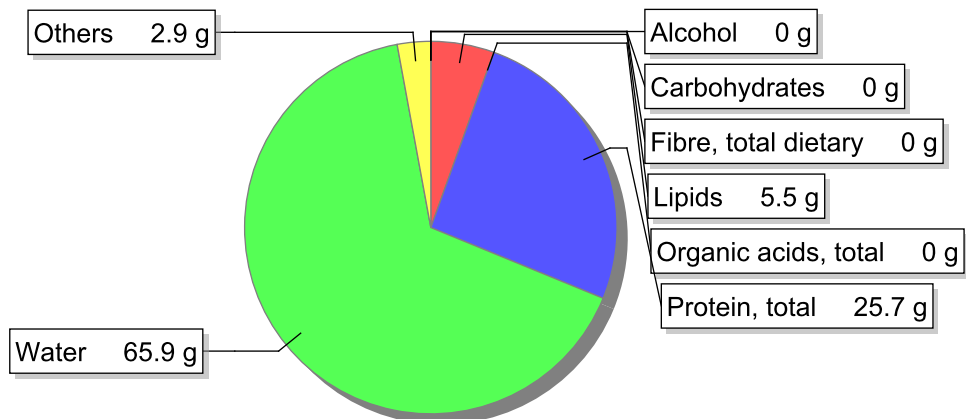


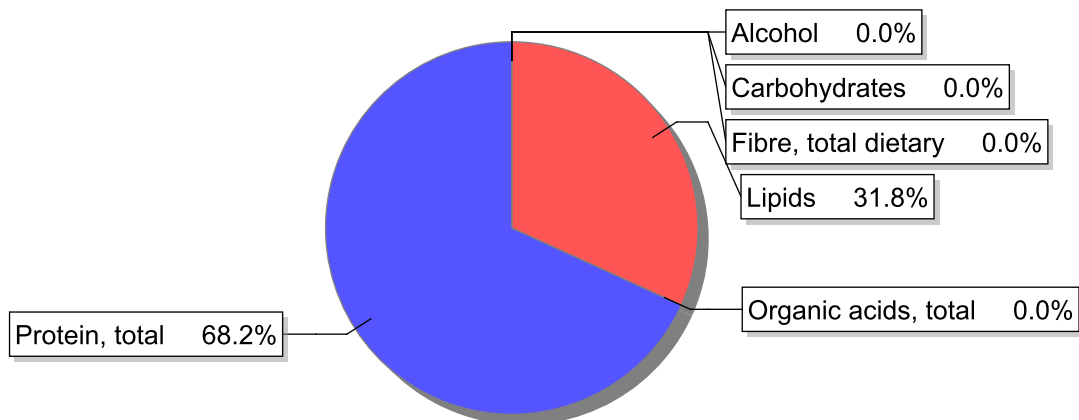
## Food

**Name:** Lamb, cutlet or leg, grilled  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 62%  
**Code:** IS113  
**FoodEX2 Code:** A01RK

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	152	kcal	
energy kJ, total metabolisable	640	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.3	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	25.7	g	
alcohol	0	g	
water	65.9	g	
organic acids, total	0	g	
cholesterol	88	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	0.11	mg	
riboflavin	0.26	mg	
niacin, preformed	4.8	mg	
niacin equivalents, total	9.6	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	1.9	µg	
vitamin C	0	mg	
folate, total	3.3	µg	
ash	2.90	g	
sodium	180	mg	
potassium	310	mg	
calcium	14	mg	
phosphorus	260	mg	
magnesium	34	mg	
iron, total	2.2	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