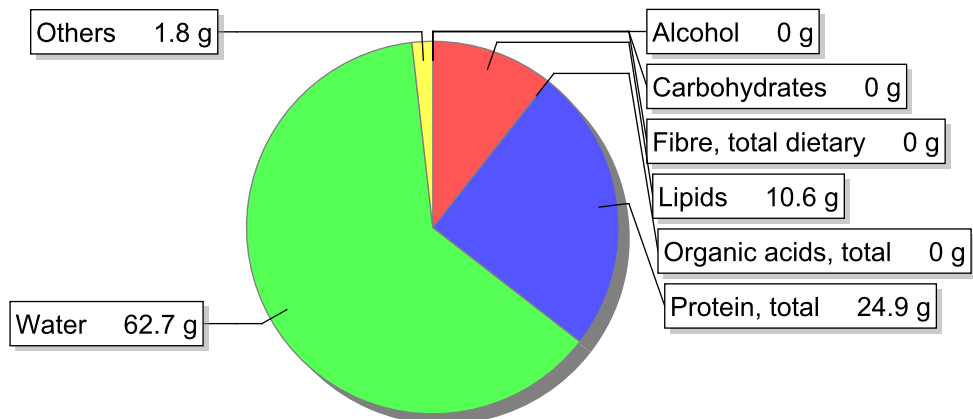


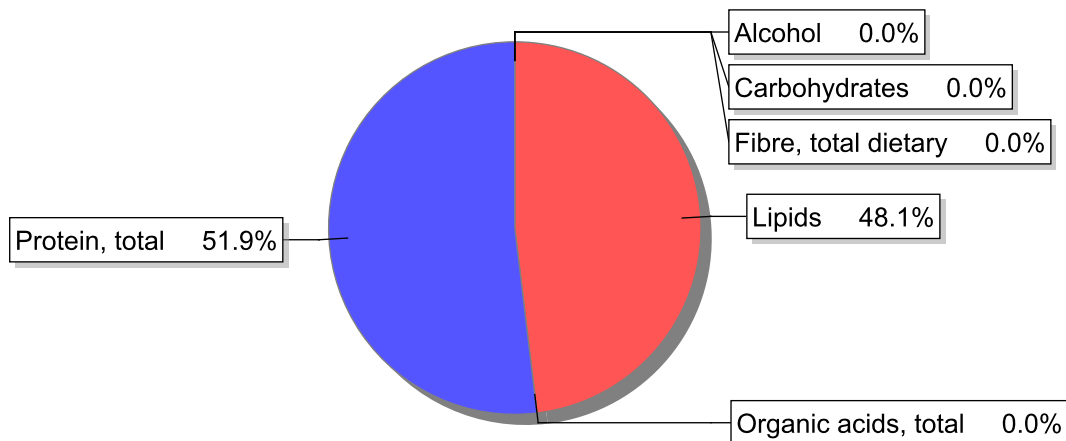
Food

Name: Veal, loin, fried, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS237
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	195	kcal	
energy kJ, total metabolisable	816	kJ	
fatty acids, total saturated	4.7	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.5	g	
starch, total	0	g	
protein, total	24.9	g	
alcohol	0	g	
water	62.7	g	
organic acids, total	0	g	
cholesterol	102	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	6	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.13	mg	
riboflavin	0.24	mg	
niacin, preformed	7	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	5.5	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	6.4	µg	
ash	1.80	g	
sodium	200	mg	
potassium	320	mg	
calcium	17	mg	
phosphorus	220	mg	
magnesium	22	mg	
iron, total	1.1	mg	
zinc	4	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB