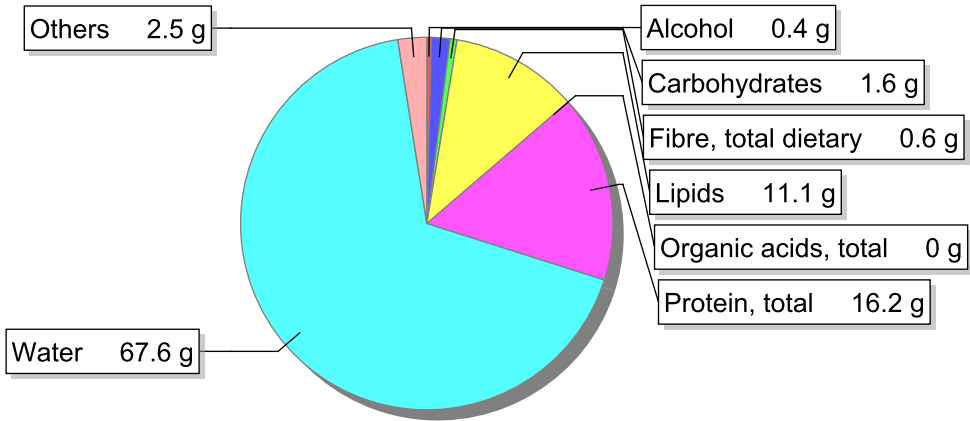


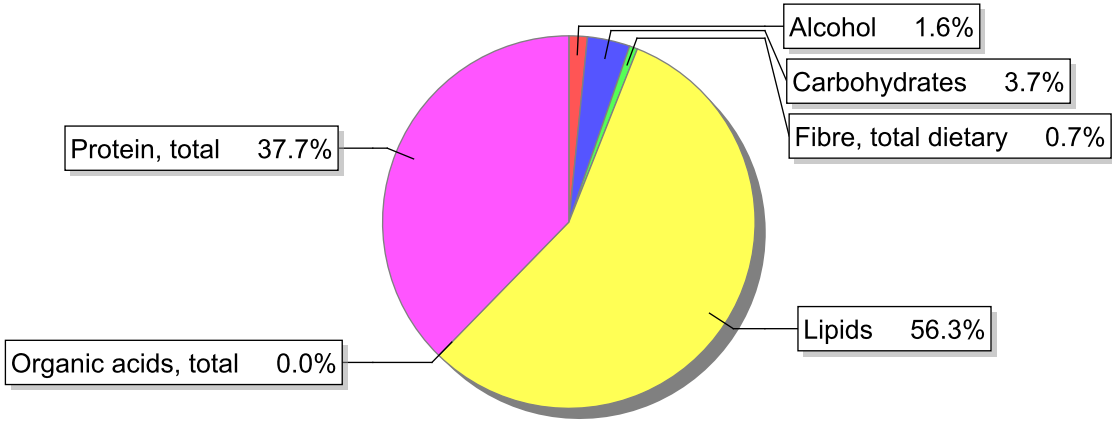
Food

Name: Lamb, cutlet or leg, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 79%
Code: IS112
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	175	kcal	
energy kJ, total metabolisable	730	kJ	
fatty acids, total saturated	5.3	g	
fatty acids, total monounsaturated	2.8	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	1.92	g	
fatty acids, total trans	0.2	g	
sugars, total	1.5	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
fibre, total dietary	0.6	g	
protein, total	16.2	g	
alcohol	0.4	g	
water	67.6	g	
organic acids, total	0	g	
cholesterol	55	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	83	µg	
carotene, total (vitamin A precursors)	221	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.54	mg	
thiamin	0.07	mg	
riboflavin	0.16	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	7.28	mg	
niacin equivalents from tryptophan	3.01	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0.96	µg	
vitamin C	6	mg	
folate, total	6.8	µg	
ash	2.22	g	
sodium	430	mg	
potassium	230	mg	
calcium	14	mg	
phosphorus	140	mg	
magnesium	22	mg	
iron, total	1.7	mg	
zinc	2.9	mg	

Legend

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

References