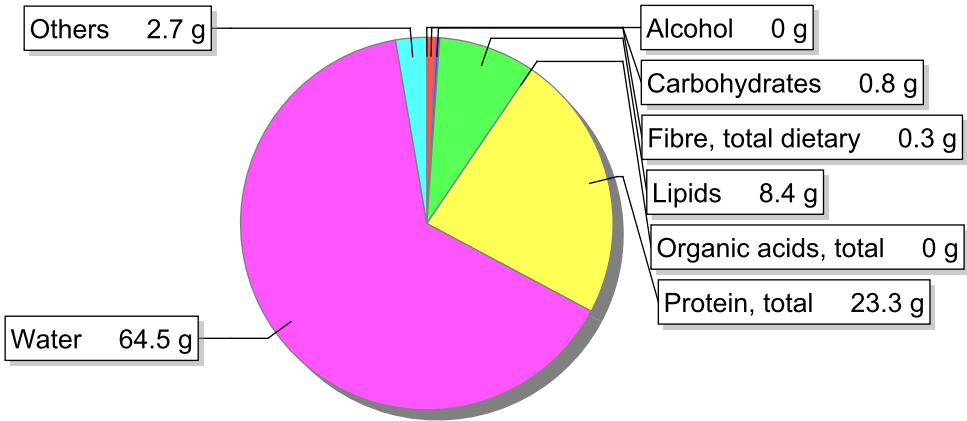


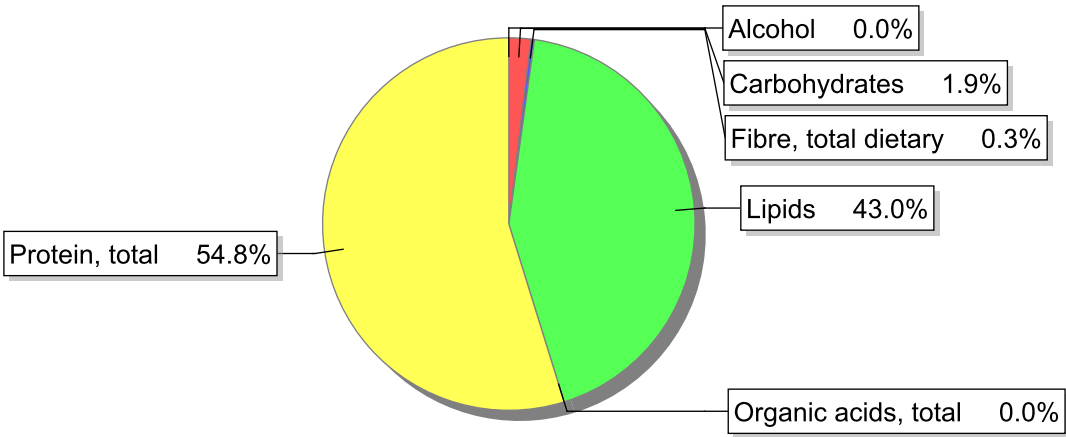
Food

Name: Goat kid, breast, stewed with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 81%
Code: IS132
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	173	kcal	
energy kJ, total metabolisable	723	kJ	
fatty acids, total saturated	2.6	g	
fatty acids, total monounsaturated	4.1	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.832	g	
fatty acids, total trans	0.2	g	
sugars, total	0.5	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
starch, total	0.1	g	
protein, total	23.3	g	
alcohol	0	g	
water	64.5	g	
organic acids, total	0	g	
cholesterol	64	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	77	µg	
carotene, total (vitamin A precursors)	388	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.48	mg	
thiamin	0.08	mg	
riboflavin	0.27	mg	
niacin, preformed	3.9	mg	
niacin equivalents, total	11.4	mg	
niacin equivalents from tryptophan	4.98	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	0.74	µg	
vitamin C	1	mg	
folate, total	6.5	µg	
ash	2.44	g	
sodium	440	mg	
potassium	280	mg	
calcium	17	mg	
phosphorus	200	mg	
magnesium	21	mg	
iron, total	0.7	mg	
zinc	4.2	mg	

Legend

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

References