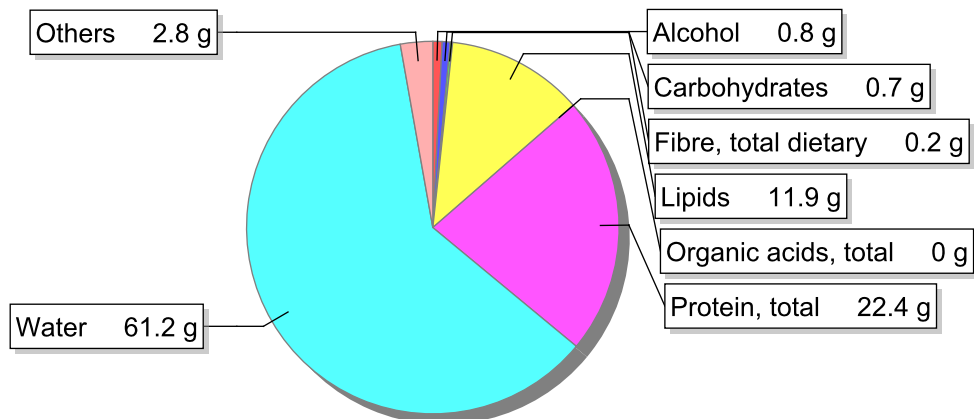


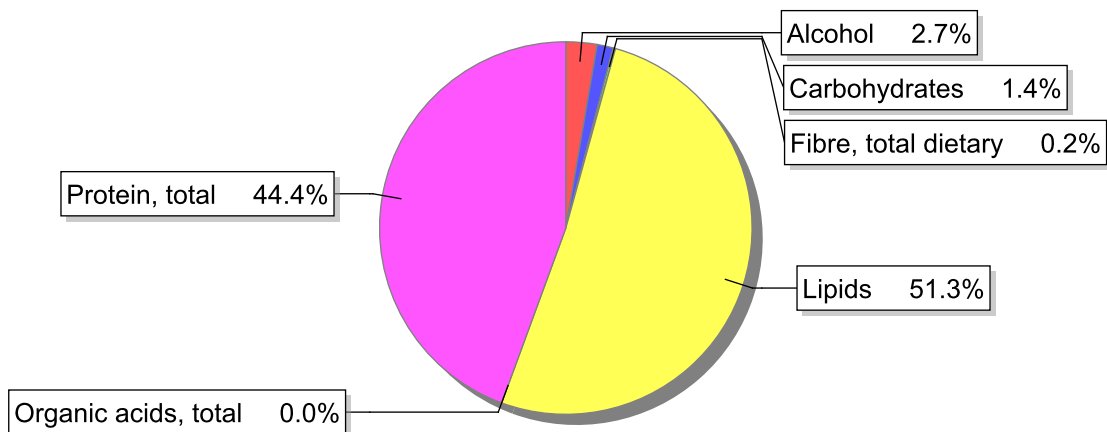
Food

Name: Pork, leg, lean, stewed with olive oil and lard
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 84%
Code: IS170
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	206	kcal	
energy kJ, total metabolisable	858	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	5.5	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.48	g	
fatty acids, total trans	0.0	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	22.4	g	
alcohol	0.8	g	
water	61.2	g	
organic acids, total	0	g	
cholesterol	68	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	1.24	mg	
thiamin	0.34	mg	
riboflavin	0.21	mg	
niacin, preformed	4.3	mg	
niacin equivalents, total	12.8	mg	
niacin equivalents from tryptophan	4.99	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0.63	µg	
vitamin C	1.1	mg	
folate, total	2.6	µg	
ash	2.26	g	
sodium	430	mg	
potassium	280	mg	
calcium	17	mg	
phosphorus	140	mg	
magnesium	23	mg	
iron, total	0.9	mg	
zinc	2.7	mg	

Legend

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

References