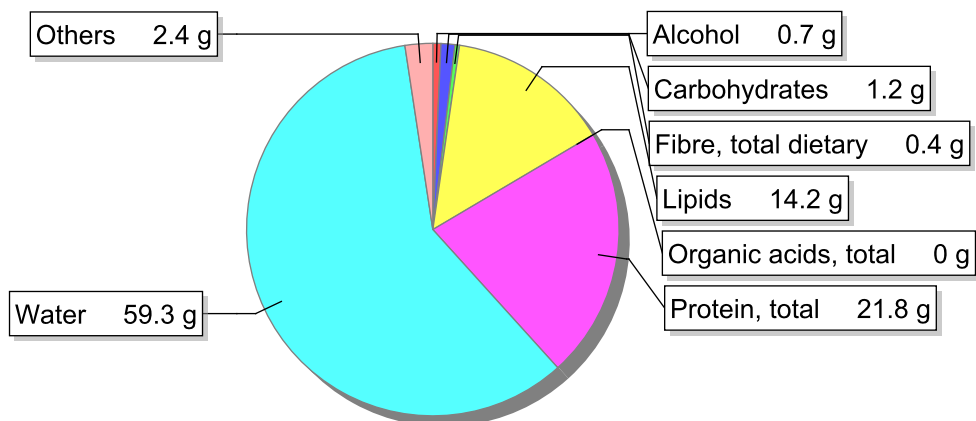


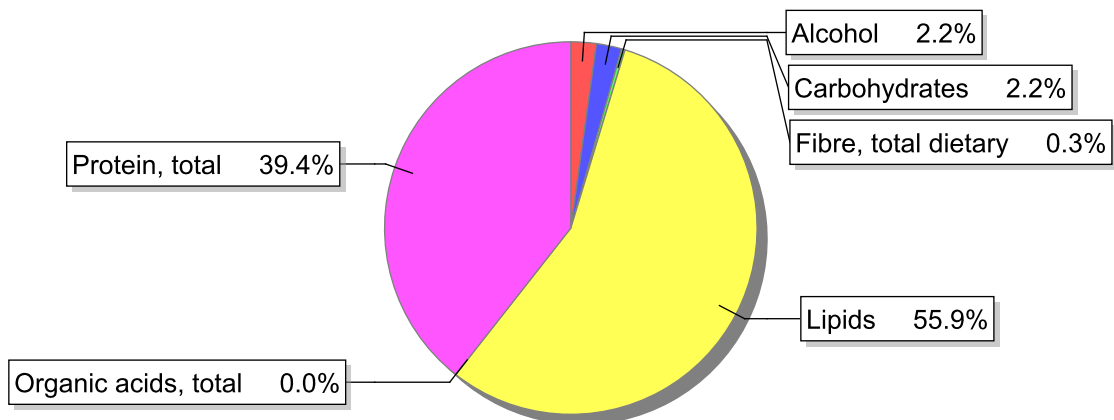
## Food

**Name:** Beef, boiling or stewing, lean, stewed with olive oil and margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 100%  
**Code:** IS206  
**FoodEX2 Code:** A03VY

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	226	kcal	
energy kJ, total metabolisable	940	kJ	
fatty acids, total saturated	4.9	g	
fatty acids, total monounsaturated	7	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.894	g	
fatty acids, total trans	0.4	g	
sugars, total	1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>salt</b>	1.1	g	
<b>fibre, total dietary</b>	0.4	g	
<b>protein, total</b>	21.8	g	
<b>alcohol</b>	0.7	g	
<b>water</b>	59.3	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	69	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	25	µg	
<b>carotene, total (vitamin A precursors)</b>	94	µg	
<b>vitamin D</b>	0.6	µg	
<b>alpha-tocopherol</b>	0.76	mg	
<b>thiamin</b>	0.06	mg	
<b>riboflavin</b>	0.14	mg	
<b>niacin, preformed</b>	2.5	mg	
<b>niacin equivalents, total</b>	8.97	mg	
<b>niacin equivalents from tryptophan</b>	4.6	mg	
<b>vitamin B-6, total</b>	0.24	mg	
<b>vitamin B-12</b>	1.2	µg	
<b>vitamin C</b>	3.6	mg	
<b>folate, total</b>	7.8	µg	
<b>ash</b>	2.17	g	
<b>sodium</b>	420	mg	
<b>potassium</b>	260	mg	
<b>calcium</b>	18	mg	
<b>phosphorus</b>	200	mg	
<b>magnesium</b>	20	mg	
<b>iron, total</b>	1.6	mg	
<b>zinc</b>	5	mg	

## Legend

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

## References