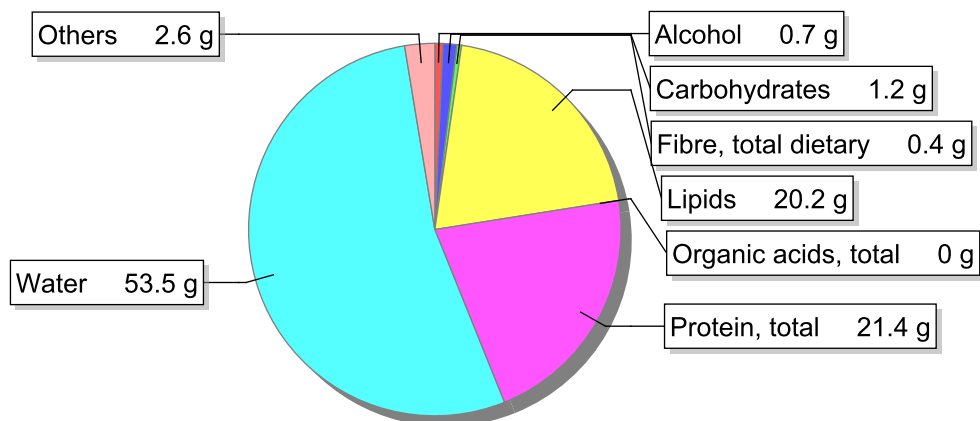


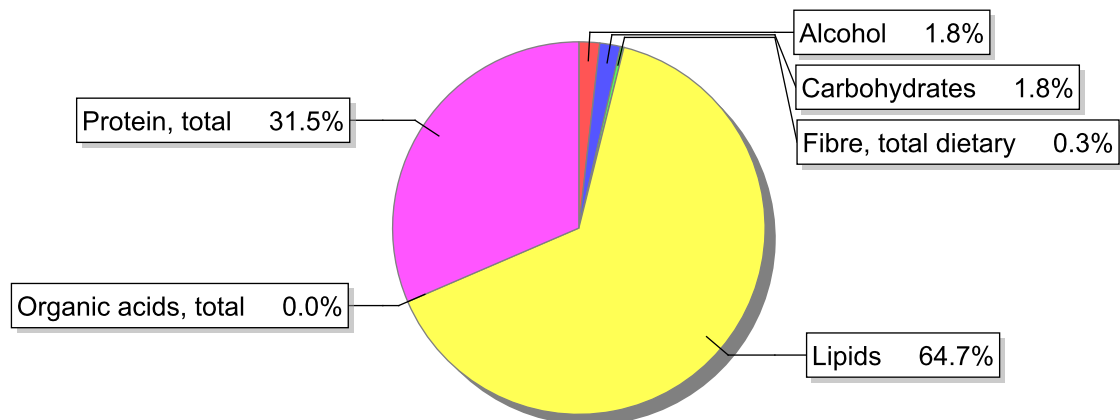
Food

Name:	Beef, boiling or stewing, medium-fat, stewed with vegetable oil and margarine
Group:	Meat and meat products, fowl and game meat
Subgroup:	Meat
Edible Part:	100%
Code:	IS203
FoodEX2 Code:	A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	278	kcal	
energy kJ, total metabolisable	1160	kJ	
fatty acids, total saturated	7.1	g	
fatty acids, total monounsaturated	8	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.81	g	
fatty acids, total trans	0.7	g	
sugars, total	1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
starch, total	0.1	g	
protein, total	21.4	g	
alcohol	0.7	g	
water	53.5	g	
organic acids, total	0	g	
cholesterol	61	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	25	µg	
carotene, total (vitamin A precursors)	94	µg	
vitamin D	0.4	µg	
alpha-tocopherol	2.18	mg	
thiamin	0.07	mg	
riboflavin	0.13	mg	
niacin, preformed	2.4	mg	
niacin equivalents, total	8.67	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	1.2	µg	
vitamin C	3.6	mg	
folate, total	14	µg	
ash	2.25	g	
sodium	410	mg	
potassium	240	mg	
calcium	18	mg	
phosphorus	200	mg	
magnesium	19	mg	
iron, total	1	mg	
zinc	3	mg	

Legend

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

References