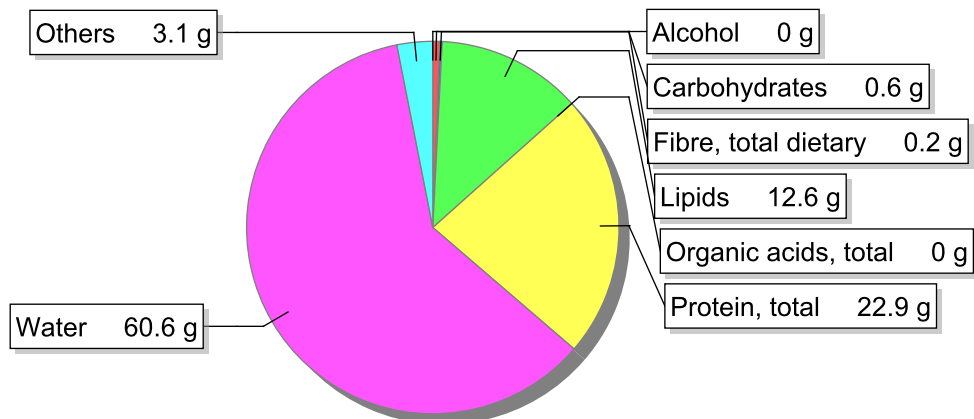


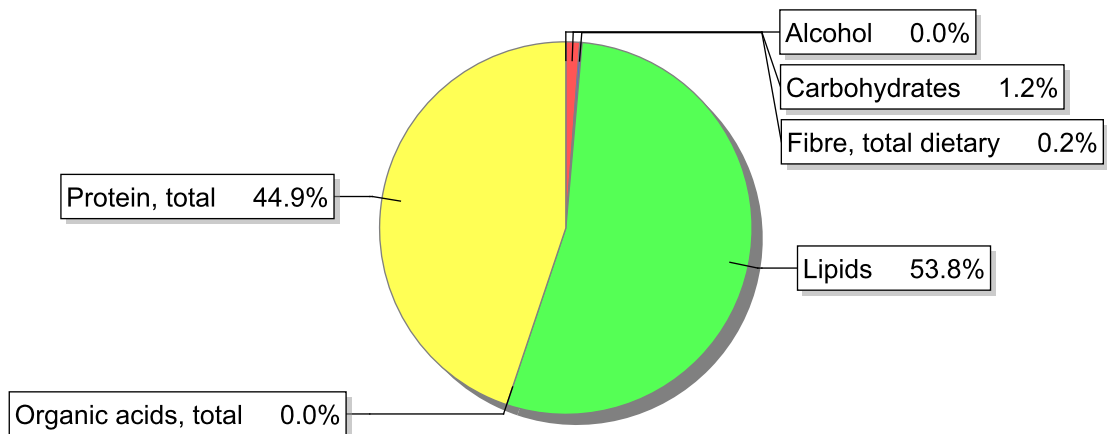
## Food

**Name:** Veal, breast, lean, stewed with olive oil and margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 79%  
**Code:** IS228  
**FoodEX2 Code:** A03VY

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	208	kcal	
energy kJ, total metabolisable	867	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	6.3	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.634	g	
fatty acids, total trans	0.5	g	
sugars, total	0.4	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>oligosaccharides, available</b>	0.1	g	
<b>starch, total</b>	0.1	g	
<b>protein, total</b>	22.9	g	
<b>alcohol</b>	0	g	
<b>water</b>	60.6	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	106	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	15	µg	
<b>carotene, total (vitamin A precursors)</b>	37	µg	
<b>vitamin D</b>	0.0	µg	
<b>alpha-tocopherol</b>	0.62	mg	
<b>thiamin</b>	0.17	mg	
<b>riboflavin</b>	0.21	mg	
<b>niacin, preformed</b>	4.2	mg	
<b>niacin equivalents, total</b>	12.9	mg	
<b>niacin equivalents from tryptophan</b>	4.9	mg	
<b>vitamin B-6, total</b>	0.21	mg	
<b>vitamin B-12</b>	0.84	µg	
<b>vitamin C</b>	1.6	mg	
<b>folate, total</b>	6.3	µg	
<b>ash</b>	3.05	g	
<b>sodium</b>	370	mg	
<b>potassium</b>	290	mg	
<b>calcium</b>	14	mg	
<b>phosphorus</b>	210	mg	
<b>magnesium</b>	20	mg	
<b>iron, total</b>	1.4	mg	
<b>zinc</b>	3.6	mg	

## Legend

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

## References