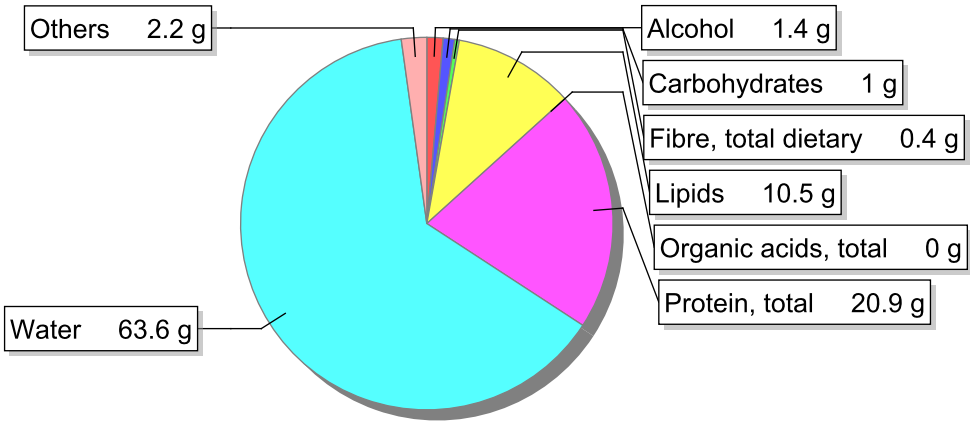


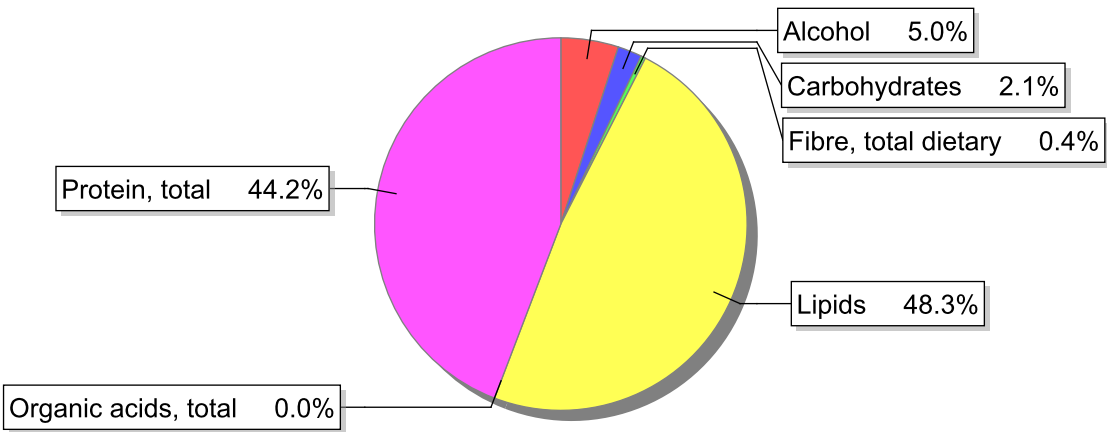
Food

Name: Heart, pork, stewed with lard and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS316
FoodEX2 Code: A16ER

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	193	kcal	
energy kJ, total metabolisable	805	kJ	
fatty acids, total saturated	3.8	g	
fatty acids, total monounsaturated	4.1	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.63	g	
fatty acids, total trans	0.0	g	
sugars, total	0.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.4	g	
fibre, total dietary	0.4	g	
protein, total	20.9	g	
alcohol	1.4	g	
water	63.6	g	
organic acids, total	0	g	
cholesterol	106	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	117	µg	
carotene, total (vitamin A precursors)	542	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.55	mg	
thiamin	0.44	mg	
riboflavin	0.99	mg	
niacin, preformed	4.2	mg	
niacin equivalents, total	10.2	mg	
niacin equivalents from tryptophan	4.41	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	1.2	µg	
vitamin C	5	mg	
folate, total	4.8	µg	
ash	2.73	g	
sodium	570	mg	
potassium	260	mg	
calcium	23	mg	
phosphorus	210	mg	
magnesium	25	mg	
iron, total	3	mg	
zinc	1.9	mg	

Legend

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

References