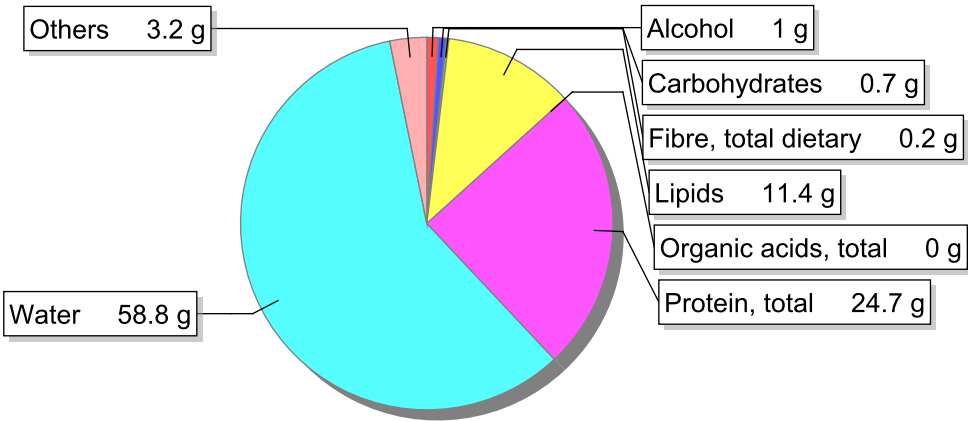


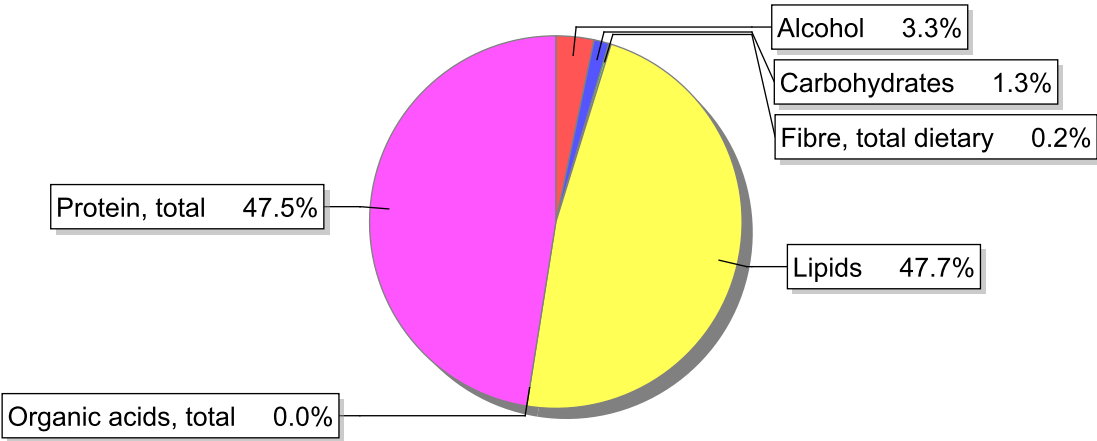
Food

Name: Partridge, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 74%
Code: IS306
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	212	kcal	
energy kJ, total metabolisable	884	kJ	
fatty acids, total saturated	5.2	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.55	g	
fatty acids, total trans	0.0	g	
sugars, total	0.4	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	0.2	g	
protein, total	24.7	g	
alcohol	1	g	
water	58.8	g	
organic acids, total	0	g	
cholesterol	66	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	68	µg	
carotene, total (vitamin A precursors)	71	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.05	mg	
thiamin	0.15	mg	
riboflavin	0.19	mg	
niacin, preformed	2.9	mg	
niacin equivalents, total	10.7	mg	
niacin equivalents from tryptophan	6.38	mg	
vitamin B-6, total	0.41	mg	
vitamin B-12	0.24	µg	
vitamin C	2.3	mg	
folate, total	6.5	µg	
ash	2.80	g	
sodium	580	mg	
potassium	180	mg	
calcium	24	mg	
phosphorus	130	mg	
magnesium	28	mg	
iron, total	4	mg	
zinc	2.5	mg	

Legend

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

References