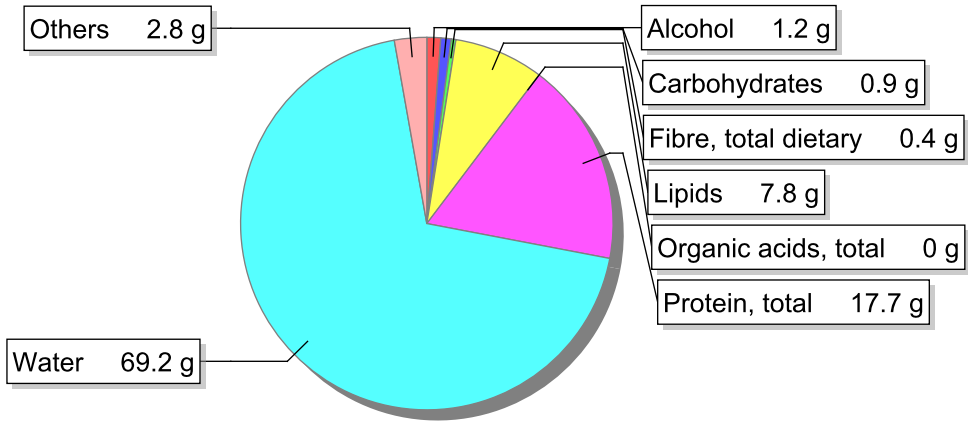


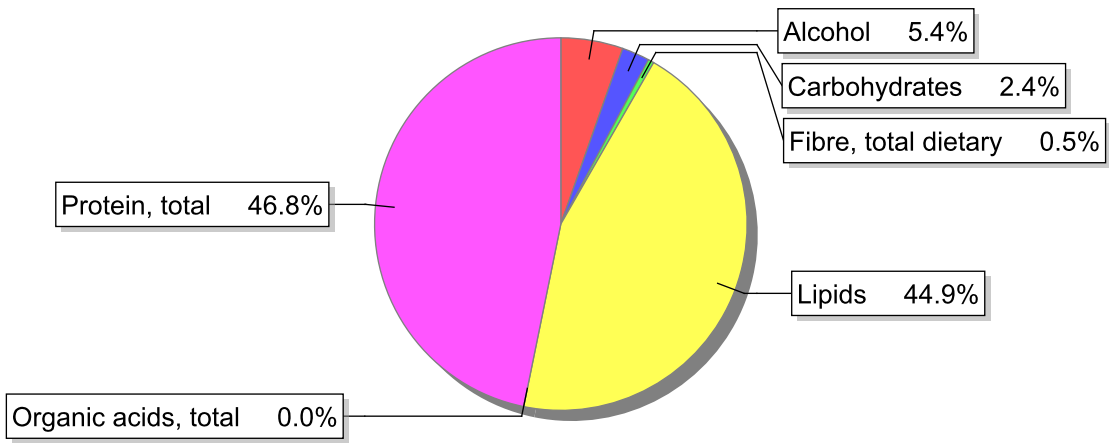
Food

Name: Heart, ox, stewed with lard and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS319
FoodEX2 Code: A16ER

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	154	kcal	
energy kJ, total metabolisable	643	kJ	
fatty acids, total saturated	3	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.981	g	
fatty acids, total trans	0.1	g	
sugars, total	0.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	0.4	g	
protein, total	17.7	g	
alcohol	1.2	g	
water	69.2	g	
organic acids, total	0	g	
cholesterol	96	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	105	µg	
carotene, total (vitamin A precursors)	496	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.58	mg	
thiamin	0.32	mg	
riboflavin	0.38	mg	
niacin, preformed	3.8	mg	
niacin equivalents, total	9.02	mg	
niacin equivalents from tryptophan	3.73	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	7	µg	
vitamin C	6.3	mg	
folate, total	5.5	µg	
ash	2.35	g	
sodium	520	mg	
potassium	220	mg	
calcium	24	mg	
phosphorus	190	mg	
magnesium	21	mg	
iron, total	4.9	mg	
zinc	1.3	mg	

Legend

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

References