

Food

Name: Beef, boiling or stewing, lean, stewed with potatoes and vegetables

Group: Meat and meat products, fowl and game meat

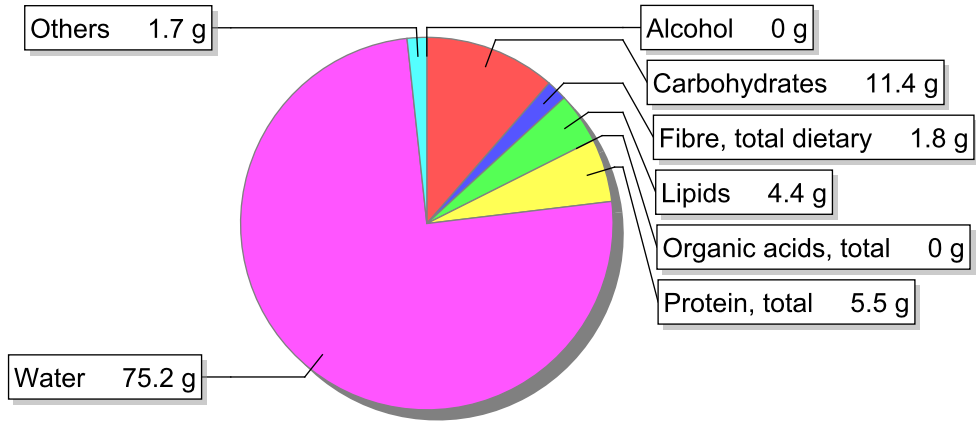
Subgroup: Meat

Edible Part: 100%

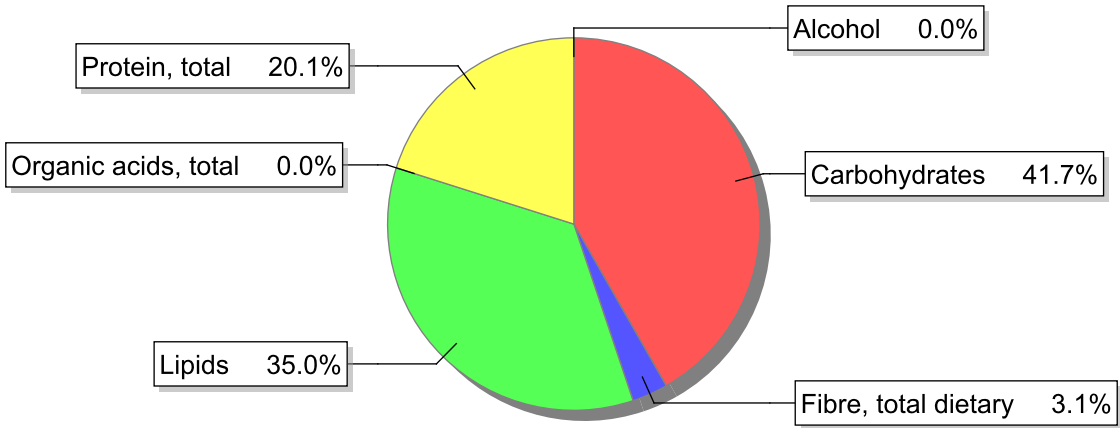
Code: IS221

FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	111	kcal	
energy kJ, total metabolisable	465	kJ	
fatty acids, total saturated	1.1	g	
fatty acids, total monounsaturated	2.7	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.296	g	
fatty acids, total trans	0.1	g	
sugars, total	1.8	g	
sucrose	0.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
fibre, total dietary	1.8	g	
protein, total	5.5	g	
alcohol	0	g	
water	75.2	g	
organic acids, total	0	g	
cholesterol	11	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	192	µg	
carotene, total (vitamin A precursors)	1150	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.56	mg	
thiamin	0.19	mg	
riboflavin	0.04	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	2.78	mg	
niacin equivalents from tryptophan	1.07	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.19	µg	
vitamin C	9	mg	
folate, total	22	µg	
ash	1.73	g	
sodium	370	mg	
potassium	370	mg	
calcium	20	mg	
phosphorus	73	mg	
magnesium	16	mg	
iron, total	0.7	mg	
zinc	1	mg	

Legend

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

References