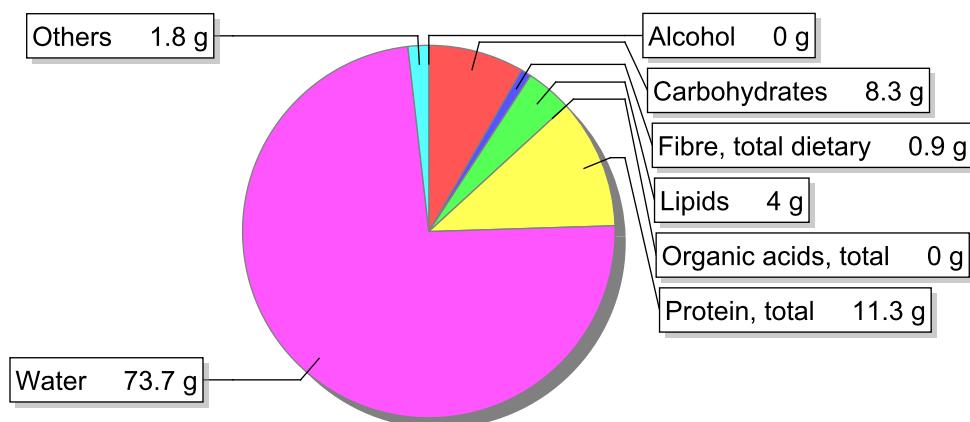


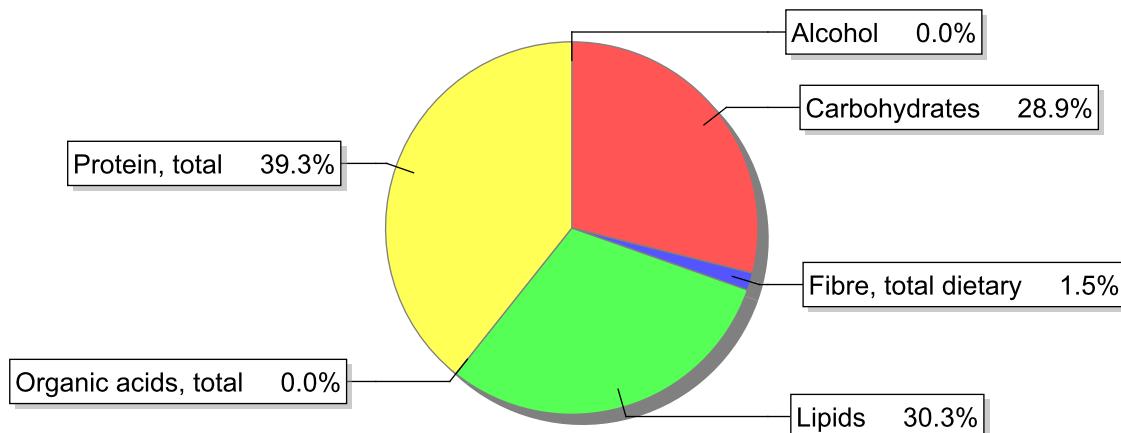
Food

Name: Goat kid and potato casserole, with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 88%
Code: IS135
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	116	kcal	
energy kJ, total metabolisable	488	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.439	g	
fatty acids, total trans	0.1	g	
sugars, total	0.9	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.0	g	
fibre, total dietary	0.9	g	
protein, total	11.3	g	
alcohol	0	g	
water	73.7	g	
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	23	µg	
carotene, total (vitamin A precursors)	97	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.33	mg	
thiamin	0.11	mg	
riboflavin	0.12	mg	
niacin, preformed	2.2	mg	
niacin equivalents, total	5.98	mg	
niacin equivalents from tryptophan	2.42	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0.33	µg	
vitamin C	9.1	mg	
folate, total	15	µg	
ash	1.78	g	
sodium	340	mg	
potassium	310	mg	
calcium	10	mg	
phosphorus	110	mg	
magnesium	16	mg	
iron, total	0.5	mg	
zinc	1.9	mg	

Legend

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

References