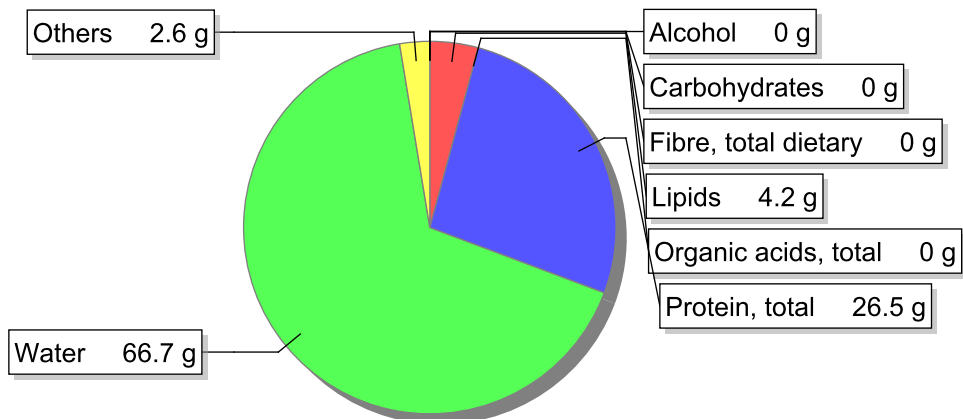


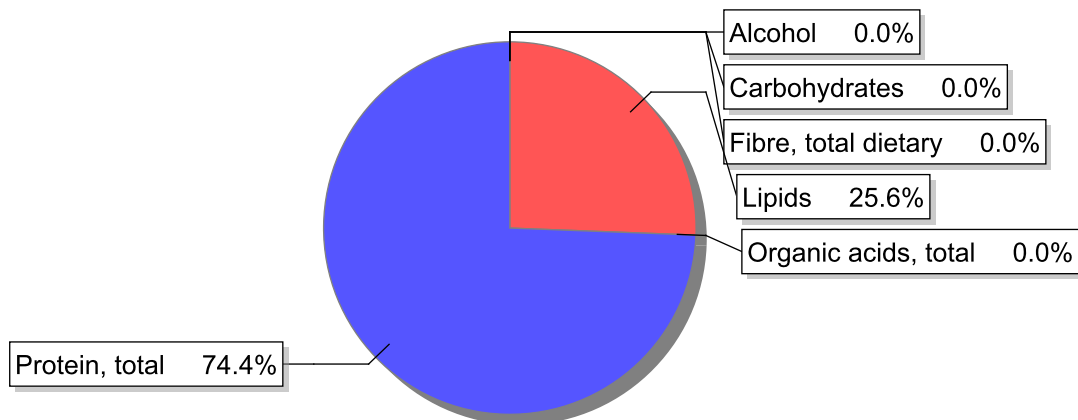
Food

Name: Goat kid, breast, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 75%
Code: IS137
FoodEX2 Code: A01RL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	144	kcal	
energy kJ, total metabolisable	606	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	26.5	g	
alcohol	0	g	
water	66.7	g	
organic acids, total	0	g	
cholesterol	74	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.98	mg	
thiamin	0.11	mg	
riboflavin	0.35	mg	
niacin, preformed	5.8	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	5.4	µg	
ash	2.20	g	
sodium	190	mg	
potassium	420	mg	
calcium	14	mg	
phosphorus	260	mg	
magnesium	28	mg	
iron, total	0.7	mg	
zinc	5.4	mg	

Legend

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

References