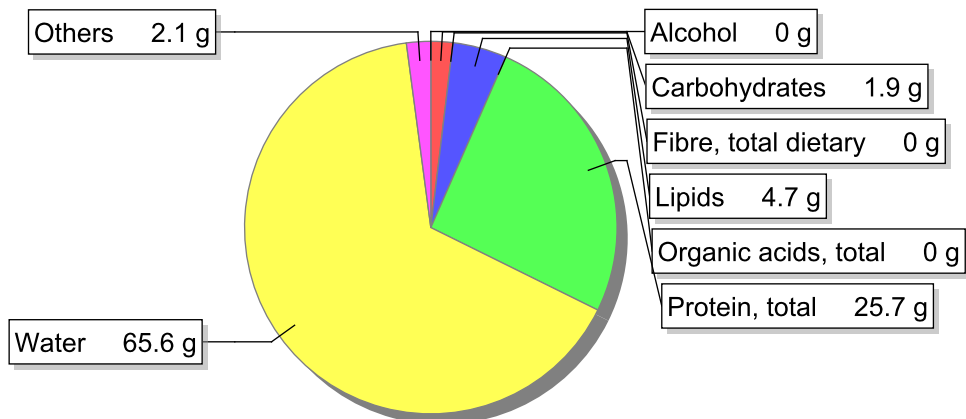


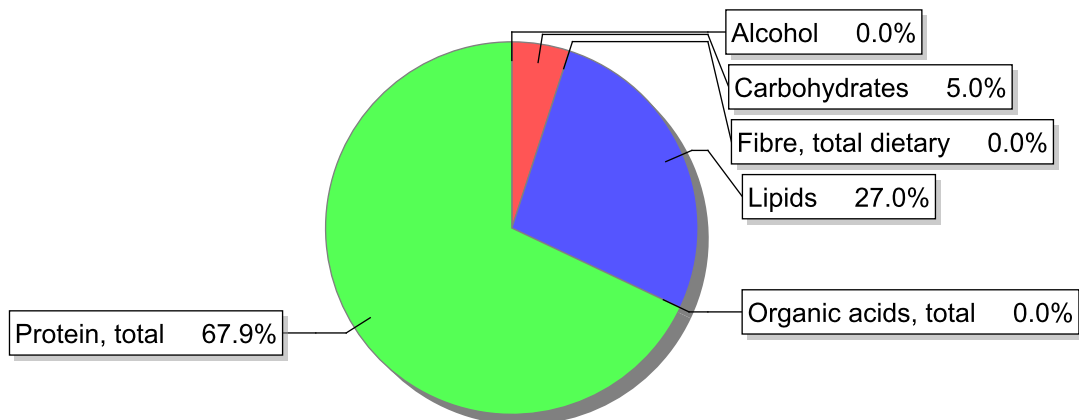
Food

Name: Liver, veal, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code: IS327
FoodEX2 Code: A01XH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	153	kcal	
energy kJ, total metabolisable	643	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	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	1.9	g	
protein, total	25.7	g	
alcohol	0	g	
water	65.6	g	
organic acids, total	0	g	
cholesterol	387	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	14200	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.56	mg	
thiamin	0.35	mg	
riboflavin	2.4	mg	
niacin, preformed	15	mg	
niacin equivalents, total	21	mg	
niacin equivalents from tryptophan	6	mg	
vitamin B-6, total	0.66	mg	
vitamin B-12	87	µg	
vitamin C	38	mg	
folate, total	210	µg	
ash	2.10	g	
sodium	150	mg	
potassium	490	mg	
calcium	19	mg	
phosphorus	410	mg	
magnesium	31	mg	
iron, total	9.8	mg	
zinc	6.8	mg	

Legend

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

References