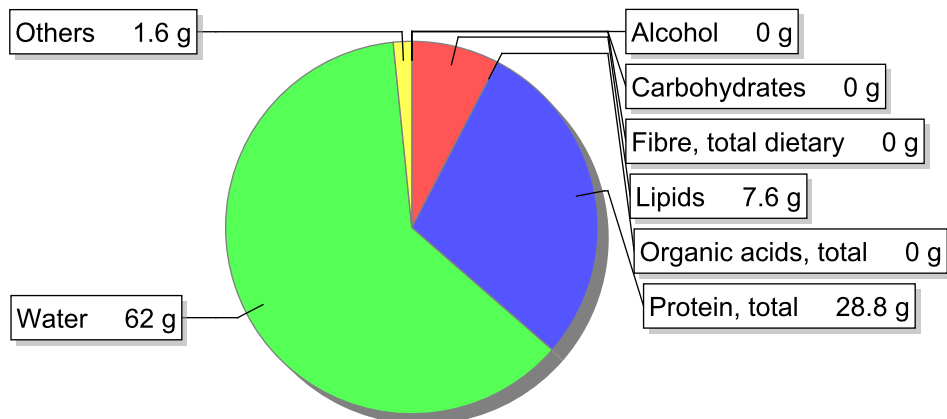


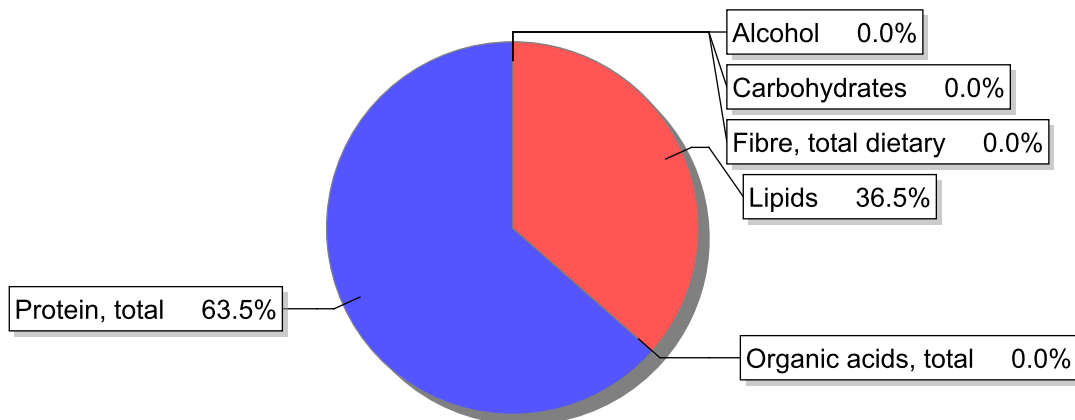
Food

Name: Pork, loin, fried with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 98%
Code: IS194
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	184	kcal	
energy kJ, total metabolisable	771	kJ	
fatty acids, total saturated	2.6	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	28.8	g	
alcohol	0	g	
water	62	g	
organic acids, total	0	g	
cholesterol	82	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.76	mg	
thiamin	0.48	mg	
riboflavin	0.19	mg	
niacin, preformed	5.4	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	6.1	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	5.9	µg	
ash	1.60	g	
sodium	170	mg	
potassium	380	mg	
calcium	9	mg	
phosphorus	260	mg	
magnesium	29	mg	
iron, total	0.8	mg	
zinc	2.2	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB