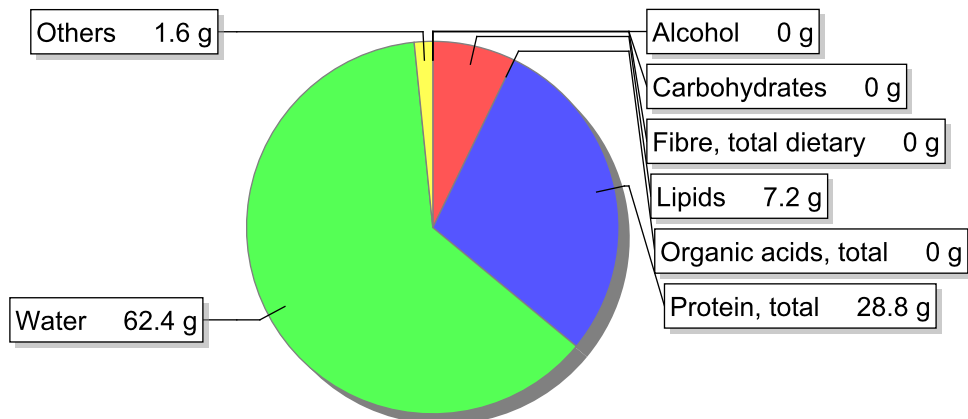


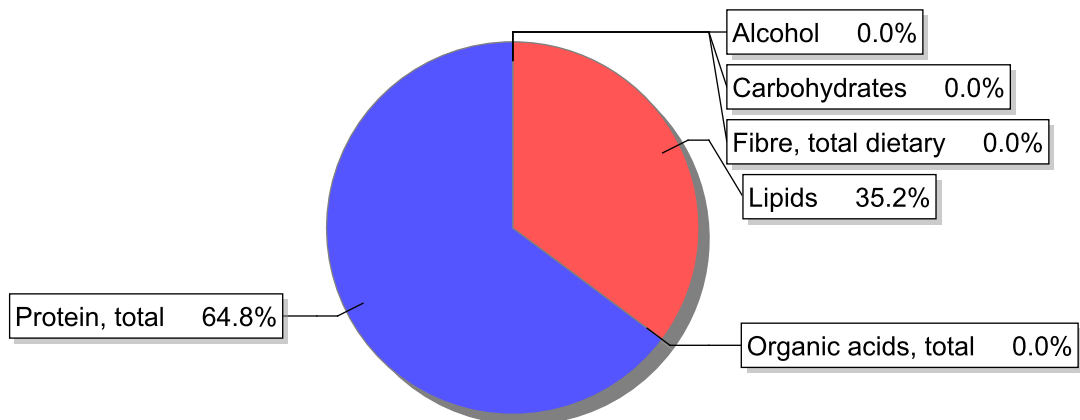
## Food

**Name:** Pork, loin, fried with butter  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Meat  
**Edible Part:** 98%  
**Code:** IS193  
**FoodEX2 Code:** A01RG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	180	kcal	
energy kJ, total metabolisable	756	kJ	
fatty acids, total saturated	2.6	g	
fatty acids, total monounsaturated	2.6	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
fibre, total dietary	0	g	
protein, total	28.8	g	
alcohol	0	g	
water	62.4	g	
organic acids, total	0	g	
cholesterol	85	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.59	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	160	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