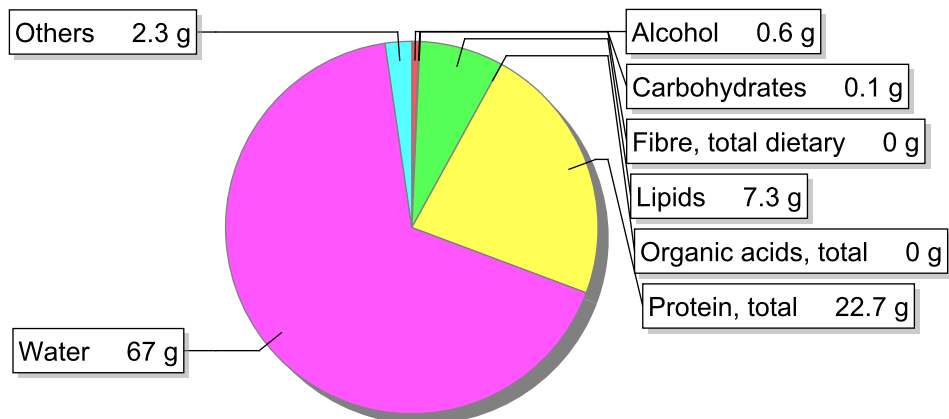


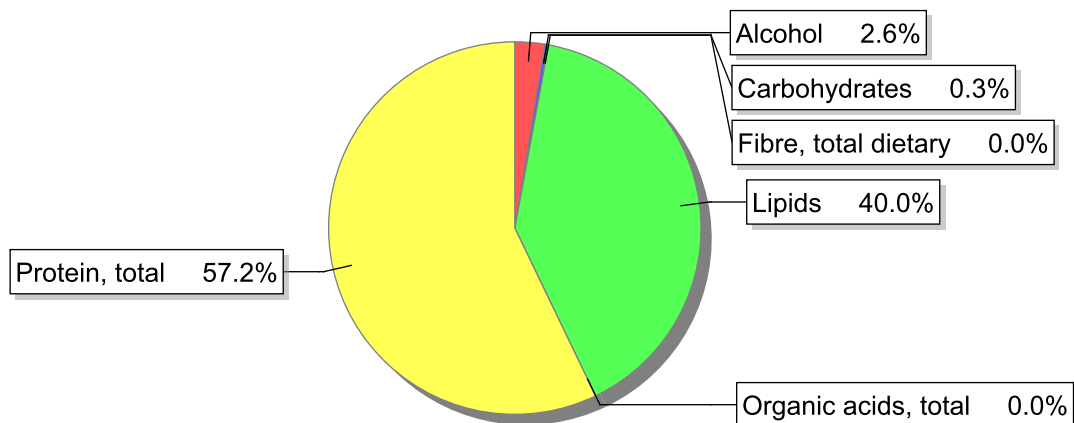
Food

Name: Horse, sirloin, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 88%
Code: IS149
FoodEX2 Code: A01RN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	161	kcal	
energy kJ, total metabolisable	675	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	2	g	
fatty acid 18:2 n-6 cis,cis	1.86	g	
fatty acids, total trans	0.1	g	
sugars, total	0.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	22.7	g	
alcohol	0.6	g	
water	67	g	
organic acids, total	0	g	
cholesterol	60	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	59	µg	
carotene, total (vitamin A precursors)	23	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.07	mg	
thiamin	0.07	mg	
riboflavin	0.13	mg	
niacin, preformed	3	mg	
niacin equivalents, total	8.33	mg	
niacin equivalents from tryptophan	4.28	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	2.5	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	2.41	g	
sodium	490	mg	
potassium	270	mg	
calcium	15	mg	
phosphorus	210	mg	
magnesium	26	mg	
iron, total	4.1	mg	
zinc	3.4	mg	

Legend

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

References