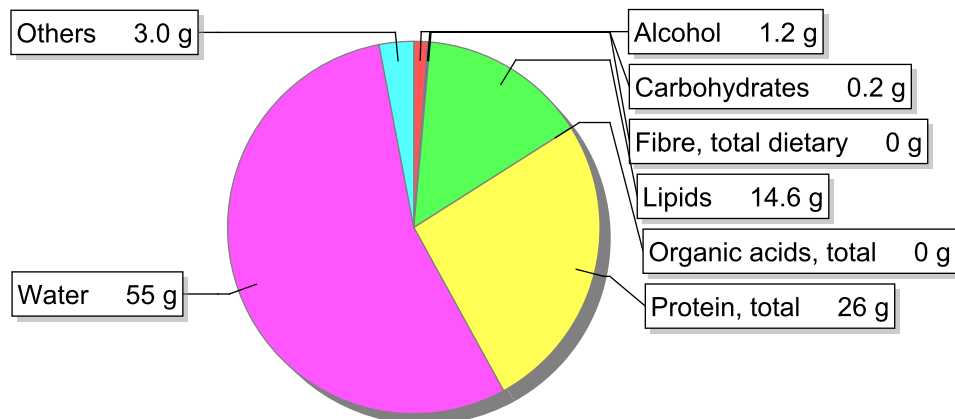


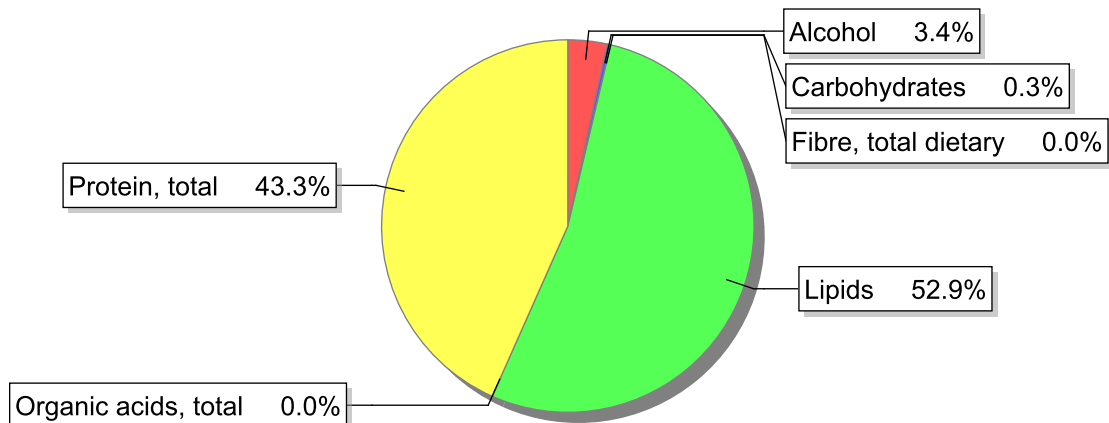
Food

Name: Pork, leg, lean, roasted with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 84%
Code: IS188
FoodEX2 Code: A01RG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	245	kcal	
energy kJ, total metabolisable	1020	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	5.9	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	2.13	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	26	g	
alcohol	1.2	g	
water	55	g	
organic acids, total	0	g	
cholesterol	78	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	18	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0.5	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.45	mg	
riboflavin	0.27	mg	
niacin, preformed	6.7	mg	
niacin equivalents, total	14.9	mg	
niacin equivalents from tryptophan	5.82	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	0.9	µg	
vitamin C	0	mg	
folate, total	1	µg	
ash	2.47	g	
sodium	520	mg	
potassium	360	mg	
calcium	15	mg	
phosphorus	180	mg	
magnesium	30	mg	
iron, total	0.9	mg	
zinc	3.4	mg	

Legend

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

References