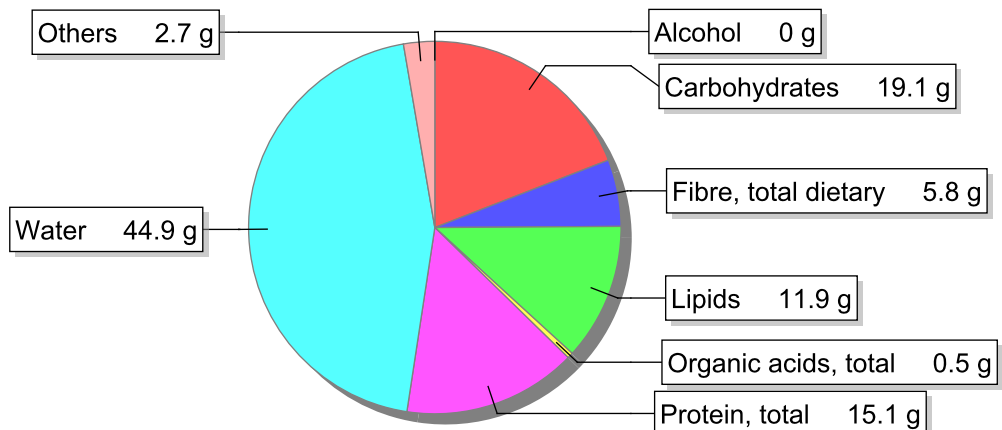


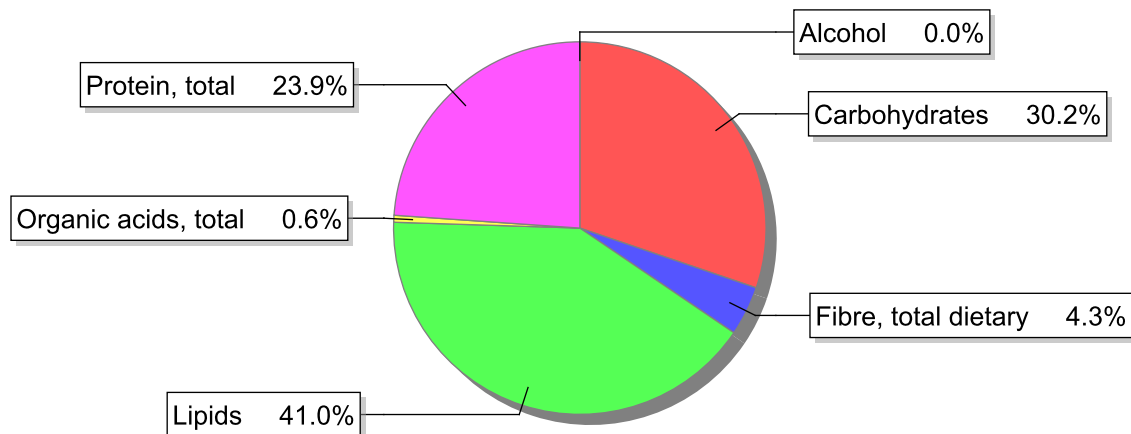
Food

Name: Croquette
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: 099-30
FoodEX2 Code: A040J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	257	kcal	
energy kJ, total metabolisable	1070	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	1.9	g	
fatty acid 18:2 n-6 cis,cis	1.74	g	
fatty acids, total trans	0.2	g	
sugars, total	1.6	g	
sucrose	0.7	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
starch, total	16.5	g	
protein, total	15.1	g	
alcohol	0	g	
water	44.9	g	
organic acids, total	0.5	g	
cholesterol	75	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	
carotene, total (vitamin A precursors)	24	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.56	mg	
thiamin	0.22	mg	
riboflavin	0.18	mg	
niacin, preformed	2	mg	
niacin equivalents, total	5.06	mg	
niacin equivalents from tryptophan	3.05	mg	
vitamin B-6, total	0.4	mg	
vitamin B-12	0.81	µg	
vitamin C	7.7	mg	
folate, total	95	µg	
ash	2.48	g	
sodium	450	mg	
potassium	490	mg	
calcium	63	mg	
phosphorus	210	mg	
magnesium	49	mg	
iron, total	2.7	mg	
zinc	2.5	mg	

Legend

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

References