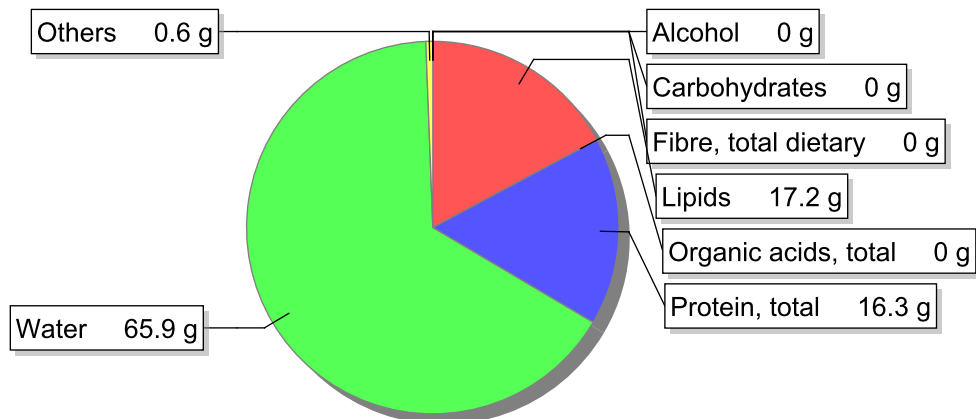


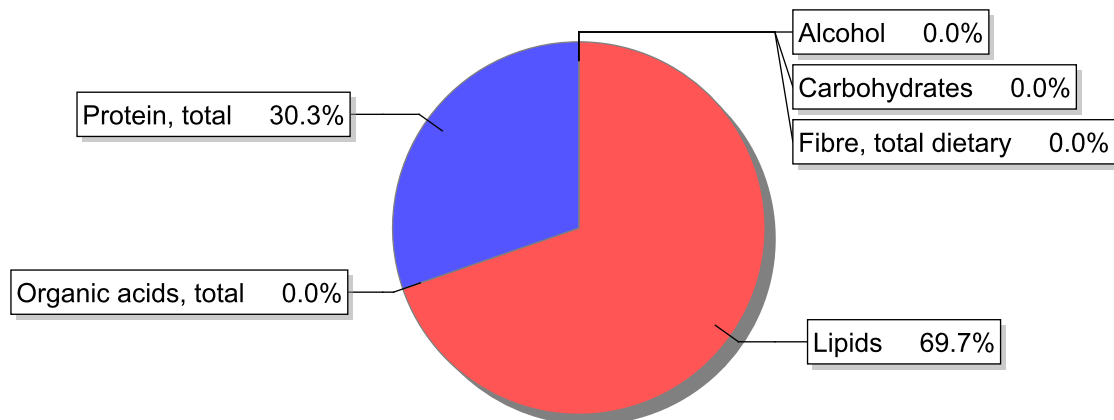
Food

Name: Pork, tongue, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code:
FoodEX2 Code: A021B

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	220	kcal	
energy kJ, total metabolisable	914	kJ	
fatty acids, total saturated	6	g	652
fatty acids, total monounsaturated	8.1	g	652
fatty acids, total polyunsaturated	1.8	g	652
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.7	g	
sugars, total	0	g	652
sucrose	0	g	652

Name	Value	Unit	Source(s)
lactose	0	g	652
salt	0.3	g	
starch, total	0	g	652
protein, total	16.3	g	652
alcohol	0	g	652
water	65.9	g	652
organic acids, total	0	g	
cholesterol	101	mg	652
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.28	mg	
thiamin	0.49	mg	652
riboflavin	0.49	mg	652
niacin, preformed	5.3	mg	652
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.24	mg	652
vitamin B-12	2.84	µg	652
vitamin C	4.4	mg	652
folate, total	4	µg	652
ash	0.9	g	652
sodium	110	mg	652
potassium	240	mg	652
calcium	16	mg	652
phosphorus	190	mg	652
magnesium	18	mg	652
iron, total	3.4	mg	652
zinc	3	mg	652
selenium, total	10	µg	652

Legend

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

References

Id	Reference
652	Canadian Nutrient File (CNF) 2010, FoodExplorer