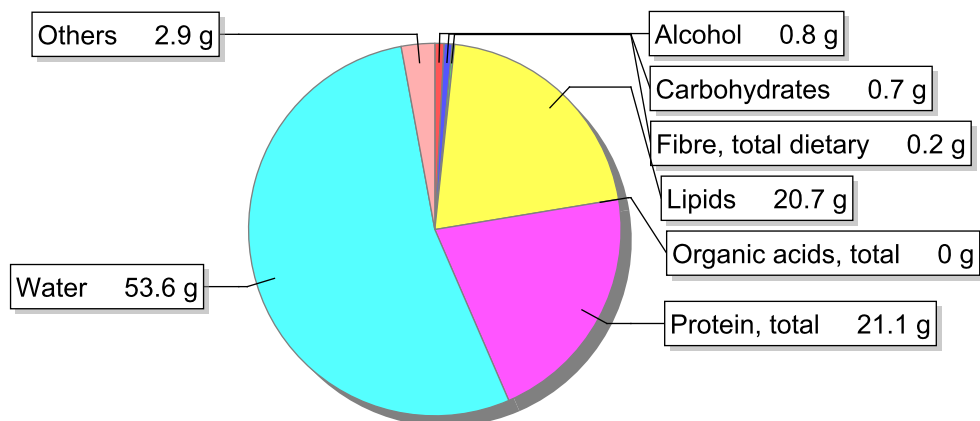


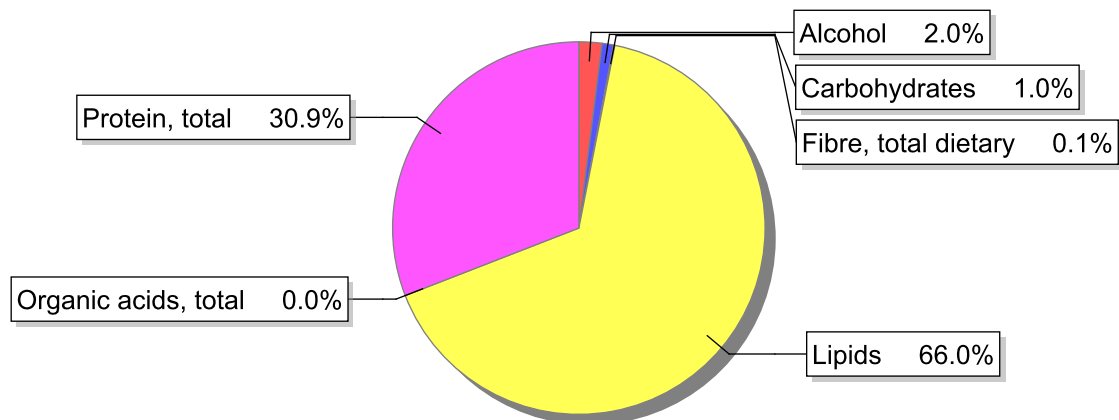
Food

Name: Pork, loin chop, medium fat, stewed with olive oil and lard
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 80%
Code: IS166
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	280	kcal	
energy kJ, total metabolisable	1160	kJ	
fatty acids, total saturated	6.5	g	
fatty acids, total monounsaturated	8.4	g	
fatty acids, total polyunsaturated	3.1	g	
fatty acid 18:2 n-6 cis,cis	2.64	g	
fatty acids, total trans	0.1	g	
sugars, total	0.5	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
starch, total	0.1	g	
protein, total	21.1	g	
alcohol	0.8	g	
water	53.6	g	
organic acids, total	0	g	
cholesterol	71	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.51	mg	
thiamin	0.36	mg	
riboflavin	0.16	mg	
niacin, preformed	3.9	mg	
niacin equivalents, total	11.7	mg	
niacin equivalents from tryptophan	4.46	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	0.63	µg	
vitamin C	1.1	mg	
folate, total	6.2	µg	
ash	2.20	g	
sodium	440	mg	
potassium	260	mg	
calcium	18	mg	
phosphorus	160	mg	
magnesium	18	mg	
iron, total	1.6	mg	
zinc	2.1	mg	

Legend

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

References