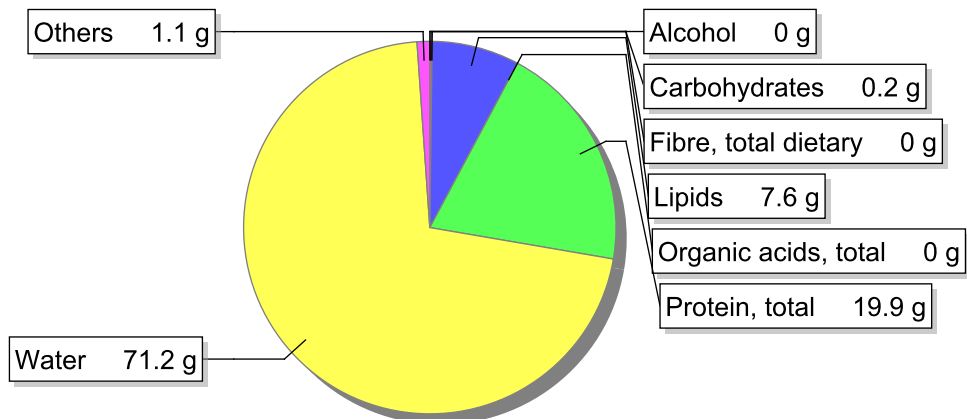


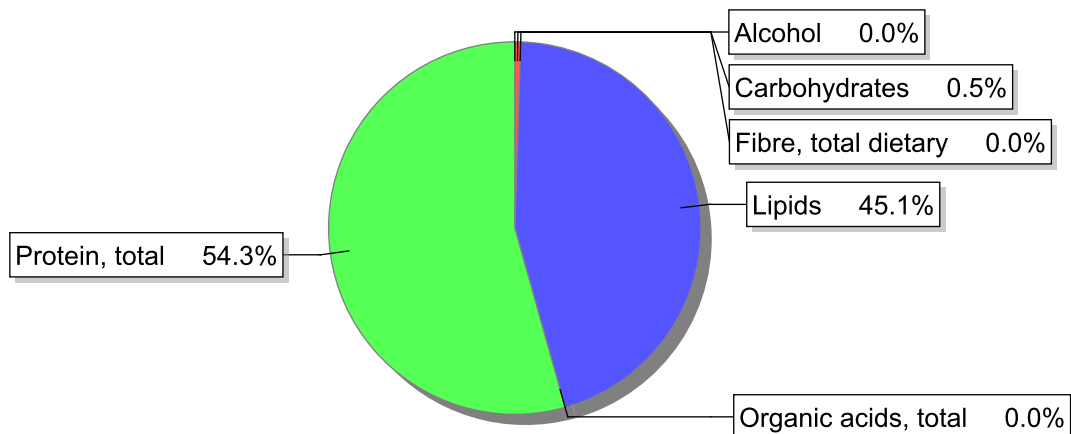
**Food**

**Name:** Veal steak, raw  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 92%  
**Code:**  
**FoodEX2 Code:** A01QY

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	149	kcal	
energy kJ, total metabolisable	623	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	3.6	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	19.9	g	58, 1092
<b>alcohol</b>	0	g	
<b>water</b>	71.2	g	58, 1092
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	91	mg	58, 1092
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	1092
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.17	mg	
<b>thiamin</b>	0.22	mg	58, 1092
<b>riboflavin</b>	0.21	mg	58, 1092
<b>niacin, preformed</b>	3.6	mg	58, 1092
<b>niacin equivalents, total</b>	7.8	mg	
<b>niacin equivalents from tryptophan</b>	4.2	mg	
<b>vitamin B-6, total</b>	0.34	mg	
<b>vitamin B-12</b>	1.2	µg	
<b>vitamin C</b>	0	mg	58, 1092
<b>folate, total</b>	5.7	µg	
<b>ash</b>	1.10	g	58, 1092
<b>sodium</b>	25	mg	58, 1092
<b>potassium</b>	370	mg	58, 1092
<b>calcium</b>	14	mg	58, 1092
<b>phosphorus</b>	200	mg	58, 1092
<b>magnesium</b>	19	mg	58, 1092
<b>iron, total</b>	0.9	mg	58, 1092
<b>zinc</b>	3	mg	58, 1092

## Legend

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

## References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.
1092	O_Resultados TCAP_Excel