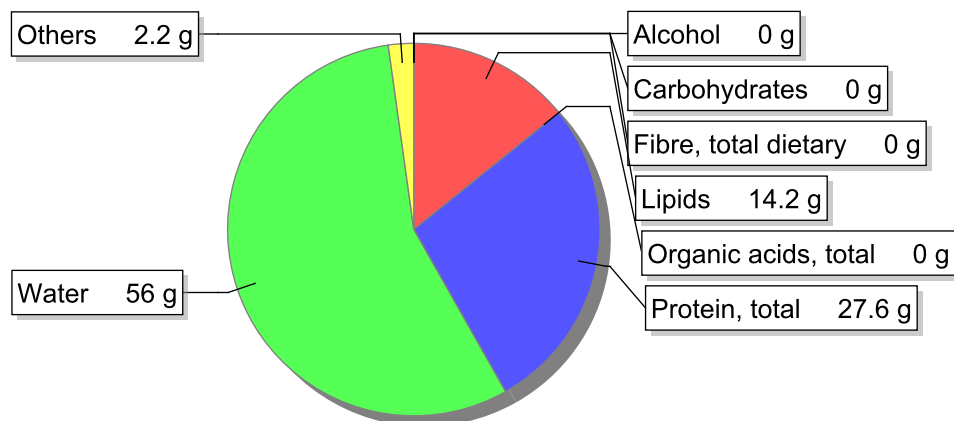


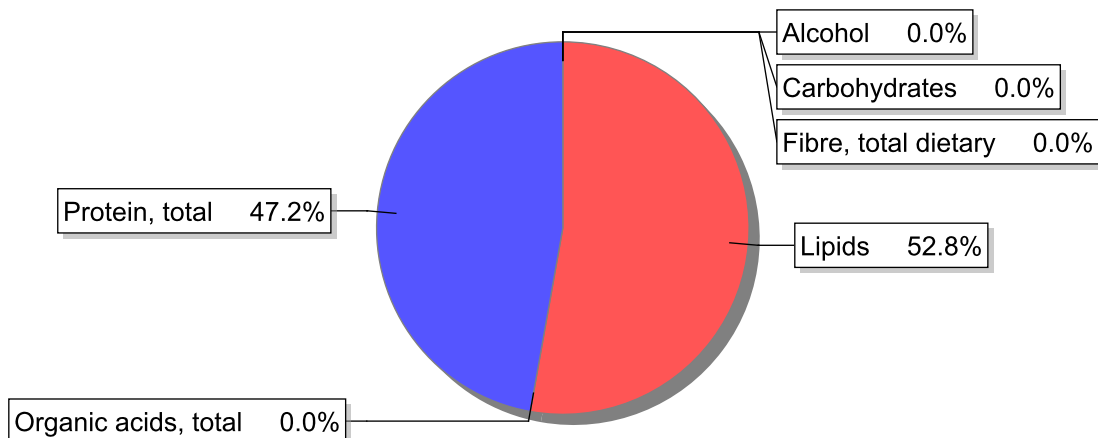
Food

Name: Mutton, shoulder, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 84%
Code: IS107
FoodEX2 Code: A01RJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	238	kcal	
energy kJ, total metabolisable	995	kJ	
fatty acids, total saturated	6.1	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.7	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	27.6	g	
alcohol	0	g	
water	56	g	
organic acids, total	0	g	
cholesterol	99	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.08	mg	
thiamin	0.08	mg	
riboflavin	0.29	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	1.8	µg	
ash	1.70	g	
sodium	230	mg	
potassium	210	mg	
calcium	14	mg	
phosphorus	240	mg	
magnesium	16	mg	
iron, total	1.8	mg	
zinc	2.8	mg	

Legend

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

References