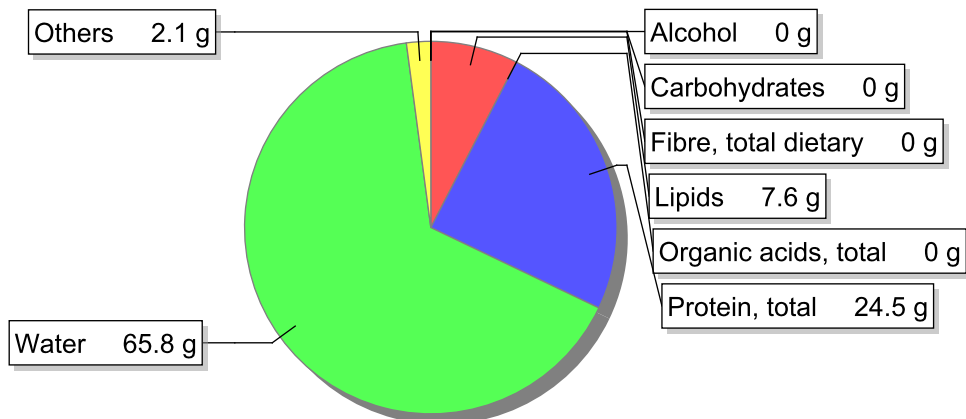


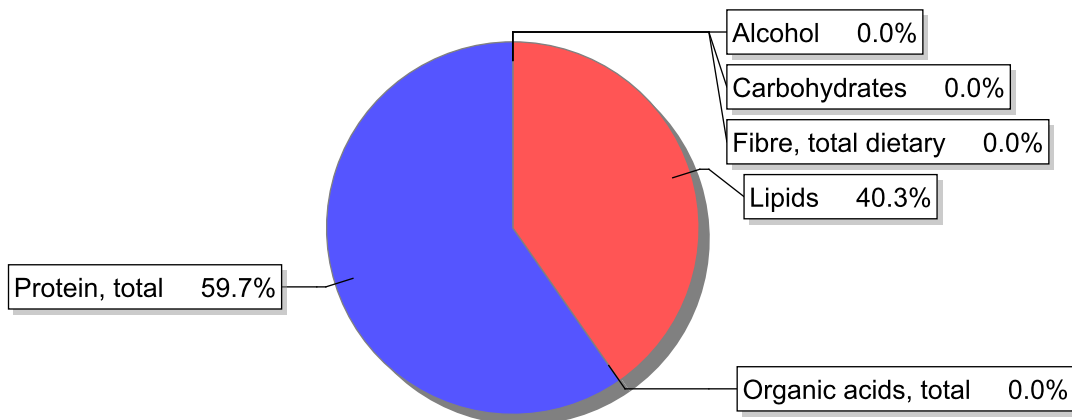
Food

Name: Lamb, cutlet or leg, fried in margarine, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 62%
Code: IS124
FoodEX2 Code: A01RK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	166	kcal	
energy kJ, total metabolisable	698	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	2.3	g	
fatty acids, total polyunsaturated	0.7	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0.3	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
fibre, total dietary	0	g	
protein, total	24.5	g	
alcohol	0	g	
water	65.8	g	
organic acids, total	0	g	
cholesterol	87	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.11	mg	
riboflavin	0.25	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	4.6	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	1.8	µg	
vitamin C	0	mg	
folate, total	3.1	µg	
ash	2.10	g	
sodium	180	mg	
potassium	300	mg	
calcium	13	mg	
phosphorus	250	mg	
magnesium	32	mg	
iron, total	2.1	mg	
zinc	5	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB