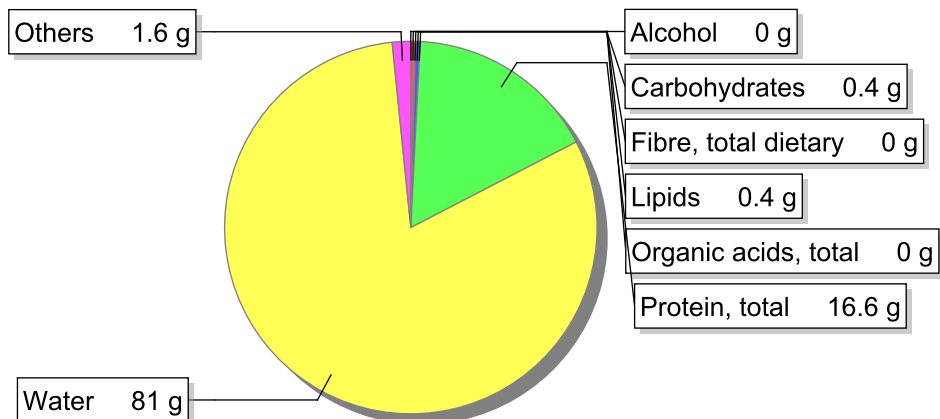


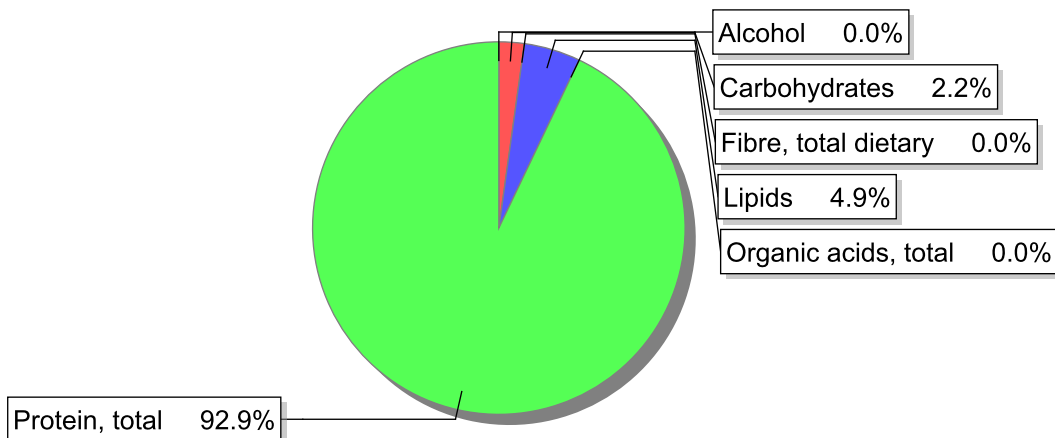
Food

Name: Pork, blood raw
Group: Meat and meat products, fowl and game meat
Subgroup: Offals
Edible Part: 100%
Code:
FoodEX2 Code: A0F1T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	72	kcal	
energy kJ, total metabolisable	304	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.09	g	
fatty acids, total trans	0	g	
sugars, total	0.1	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	16.6	g	
alcohol	0	g	
water	81	g	
organic acids, total	0	g	
cholesterol	40	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	28	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.09	mg	
riboflavin	0.03	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	3.64	mg	
niacin equivalents from tryptophan	3.04	mg	
vitamin B-6, total	0.01	mg	
vitamin B-12	0.6	µg	
vitamin C	0	mg	
folate, total	4	µg	
ash	1.6	g	
sodium	210	mg	
potassium	210	mg	
calcium	7	mg	
phosphorus	62	mg	
magnesium	5	mg	
iron, total	40	mg	
zinc	0.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-BCE	beta-carotene equivalent

References