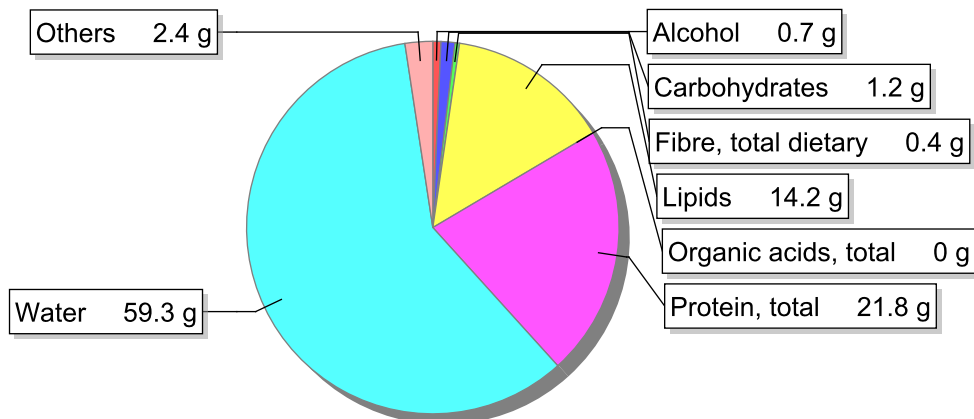


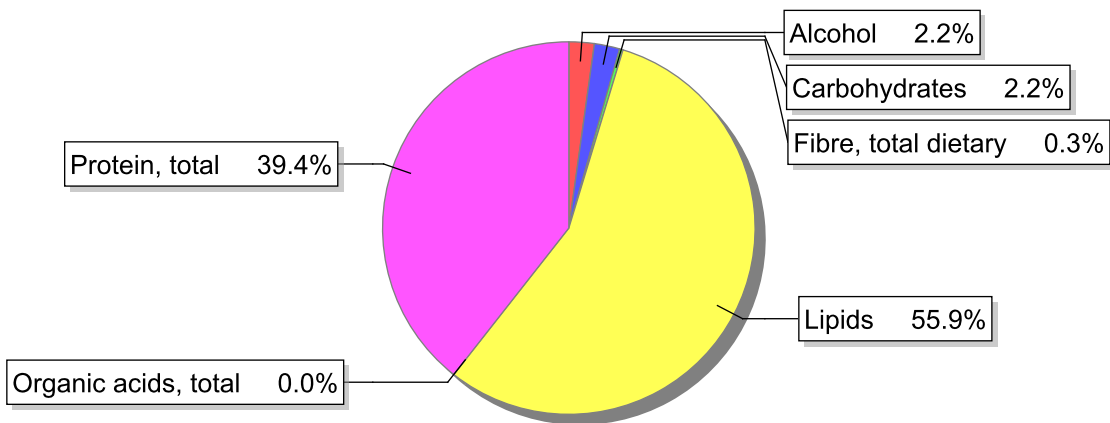
Food

Name: Beef, boiling or stewing, lean, stewed with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS206
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	226	kcal	
energy kJ, total metabolisable	940	kJ	
fatty acids, total saturated	4.9	g	
fatty acids, total monounsaturated	7	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.894	g	
fatty acids, total trans	0.4	g	
sugars, total	1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.1	g	
fibre, total dietary	0.4	g	
protein, total	21.8	g	
alcohol	0.7	g	
water	59.3	g	
organic acids, total	0	g	
cholesterol	69	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	25	µg	
carotene, total (vitamin A precursors)	94	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.76	mg	
thiamin	0.06	mg	
riboflavin	0.14	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	8.97	mg	
niacin equivalents from tryptophan	4.6	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	1.2	µg	
vitamin C	3.6	mg	
folate, total	7.8	µg	
ash	2.17	g	
sodium	420	mg	
potassium	260	mg	
calcium	18	mg	
phosphorus	200	mg	
magnesium	20	mg	
iron, total	1.6	mg	
zinc	5	mg	

Legend

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

References