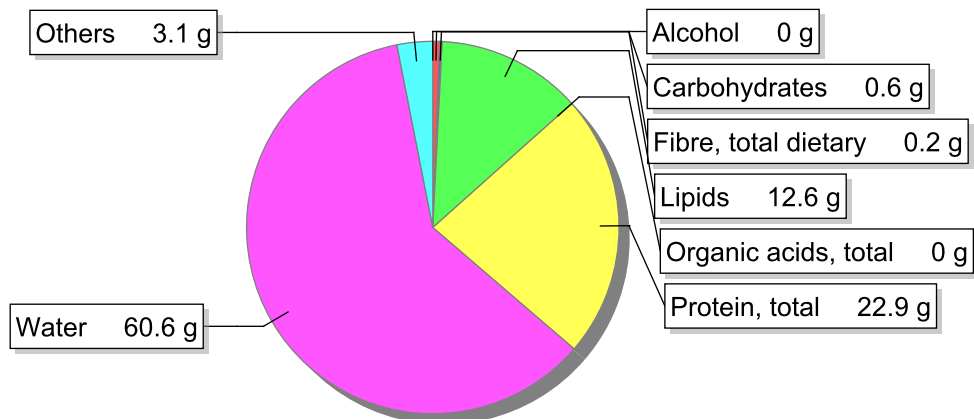


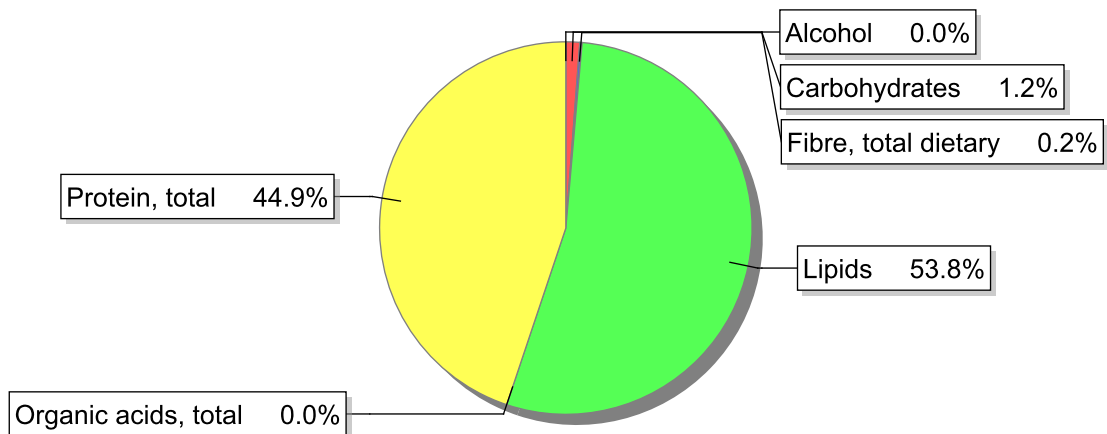
Food

Name: Veal, breast, lean, stewed with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 79%
Code: IS228
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	208	kcal	
energy kJ, total metabolisable	867	kJ	
fatty acids, total saturated	4.8	g	
fatty acids, total monounsaturated	6.3	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.634	g	
fatty acids, total trans	0.5	g	
sugars, total	0.4	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.1	g	
starch, total	0.1	g	
protein, total	22.9	g	
alcohol	0	g	
water	60.6	g	
organic acids, total	0	g	
cholesterol	106	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	15	µg	
carotene, total (vitamin A precursors)	37	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.62	mg	
thiamin	0.17	mg	
riboflavin	0.21	mg	
niacin, preformed	4.2	mg	
niacin equivalents, total	12.9	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	0.84	µg	
vitamin C	1.6	mg	
folate, total	6.3	µg	
ash	3.05	g	
sodium	370	mg	
potassium	290	mg	
calcium	14	mg	
phosphorus	210	mg	
magnesium	20	mg	
iron, total	1.4	mg	
zinc	3.6	mg	

Legend

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

References