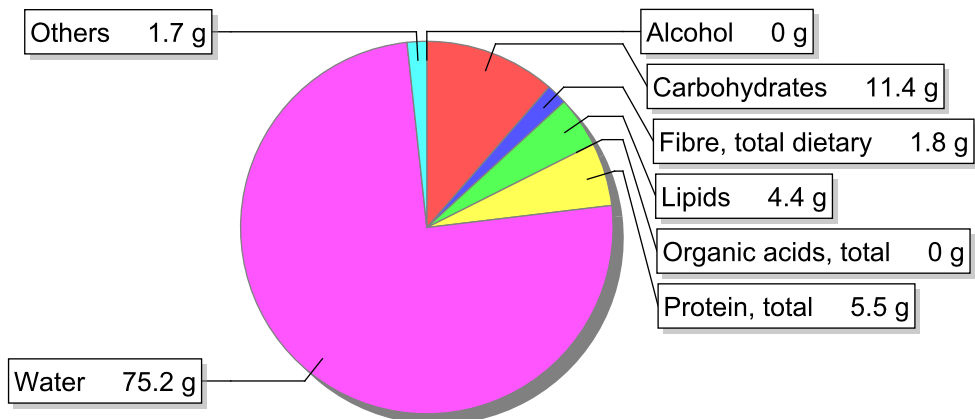


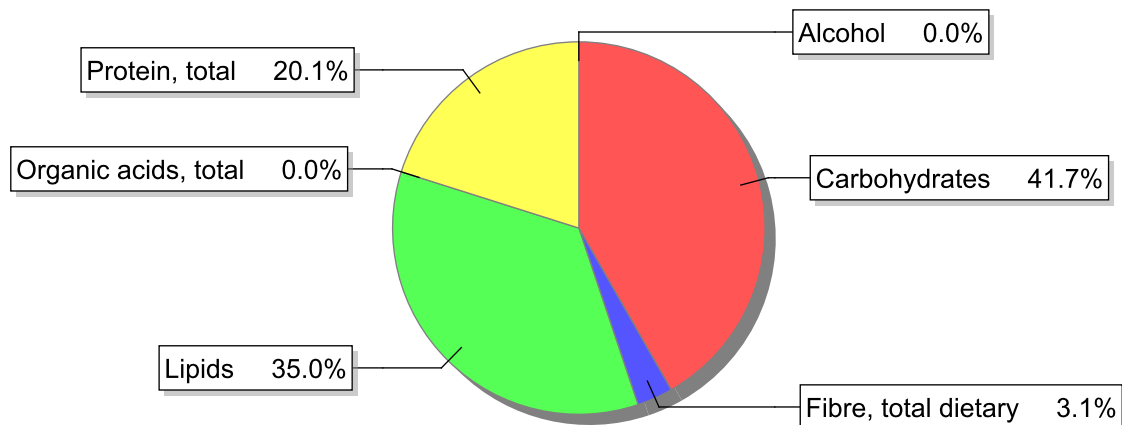
Food

Name: Beef, boiling or stewing, lean, stewed with potatoes and vegetables
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 100%
Code: IS221
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 111 | kcal | |
| energy kJ, total metabolisable | 465 | kJ | |
| fatty acids, total saturated | 1.1 | g | |
| fatty acids, total monounsaturated | 2.7 | g | |
| fatty acids, total polyunsaturated | 0.3 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.296 | g | |
| fatty acids, total trans | 0.1 | g | |
| sugars, total | 1.8 | g | |
| sucrose | 0.8 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| oligosaccharides, available | 0.2 | g | |
| fibre, total dietary | 1.8 | g | |
| protein, total | 5.5 | g | |
| alcohol | 0 | g | |
| water | 75.2 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 11 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 192 | µg | |
| carotene, total (vitamin A precursors) | 1150 | µg | |
| vitamin D | 0.1 | µg | |
| alpha-tocopherol | 0.56 | mg | |
| thiamin | 0.19 | mg | |
| riboflavin | 0.04 | mg | |
| niacin, preformed | 1.4 | mg | |
| niacin equivalents, total | 2.78 | mg | |
| niacin equivalents from tryptophan | 1.07 | mg | |
| vitamin B-6, total | 0.27 | mg | |
| vitamin B-12 | 0.19 | µg | |
| vitamin C | 9 | mg | |
| folate, total | 22 | µg | |
| ash | 1.73 | g | |
| sodium | 370 | mg | |
| potassium | 370 | mg | |
| calcium | 20 | mg | |
| phosphorus | 73 | mg | |
| magnesium | 16 | mg | |
| iron, total | 0.7 | mg | |
| zinc | 1 | mg | |

Legend

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

References