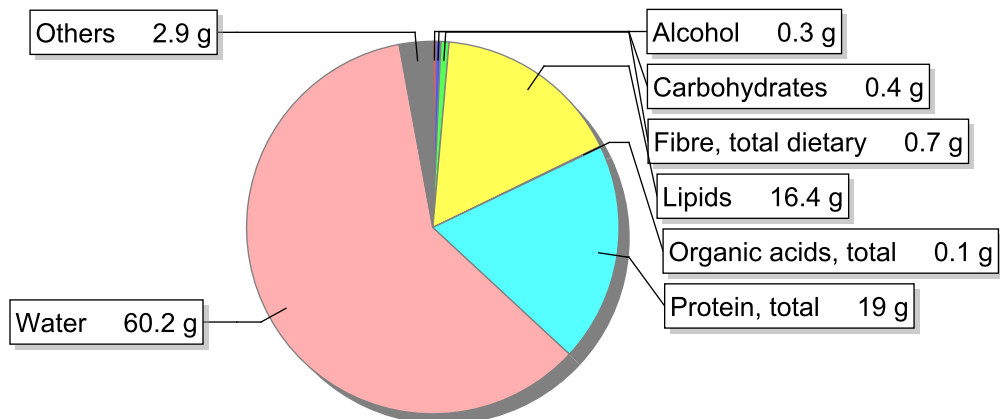


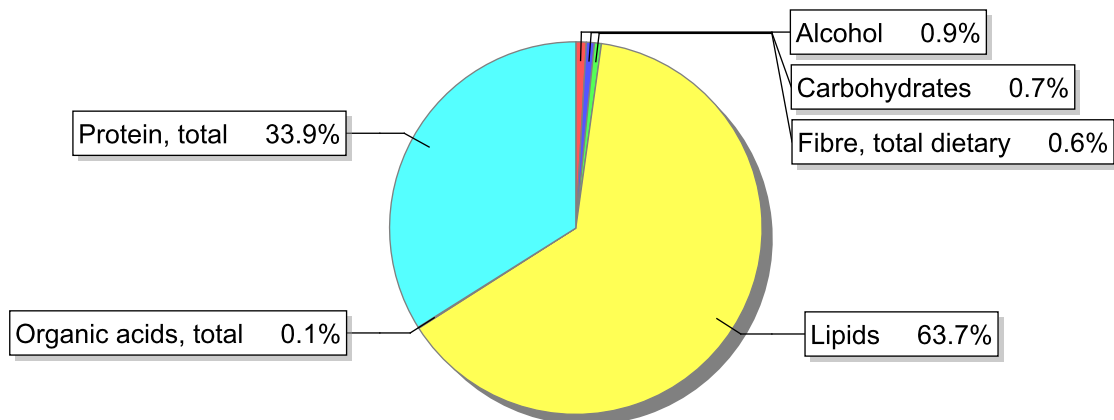
Food

Name: Veal, steak, fried
Group: Meat and meat products, fowl and game meat
Subgroup: Meat
Edible Part: 92%
Code: 182-116
FoodEX2 Code: A01QY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	229	kcal	
energy kJ, total metabolisable	952	kJ	
fatty acids, total saturated	4.3	g	
fatty acids, total monounsaturated	10.4	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.778	g	
fatty acids, total trans	0.3	g	
sugars, total	0.3	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.1	g	
starch, total	0.1	g	
protein, total	19	g	
alcohol	0.3	g	
water	60.2	g	
organic acids, total	0.1	g	
cholesterol	79	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	109	µg	
carotene, total (vitamin A precursors)	656	µg	
vitamin D	0.1	µg	
alpha-tocopherol	1.78	mg	
thiamin	0.39	mg	
riboflavin	0.23	mg	
niacin, preformed	5.9	mg	
niacin equivalents, total	10.1	mg	
niacin equivalents from tryptophan	4.02	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	1.1	µg	
vitamin C	43.3	mg	
folate, total	38	µg	
ash	2.83	g	
sodium	430	mg	
potassium	550	mg	
calcium	53	mg	
phosphorus	220	mg	
magnesium	30	mg	
iron, total	1.9	mg	
zinc	3.2	mg	

Legend

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

References