



**Food ID:** S021

**Food name and Description:** Veg, liver & bacon, str

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	88.7
Energy, calculated (kcal)	47
Protein (g)	2.1
Total Fat (g)	0.9
Carbohydrate, total (g)	7.6
Ash, total (g)	0.7

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.3
Sugars, total (g)	1.4

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	43
Iron, Fe (mg)	1.2
Sodium, Na (mg)	39

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	215
beta-Carotene (µg)	135
Retinol Activity Equivalent, RAE (µg)	226
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.32
Fatty acids, monounsaturated, total (g)	0.41
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	1