

Basic Report 17204, Veal, variety meats and by-products, liver, cooked, pan-fried

Report Date: June 26, 2019 06:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 slice 67g
Proximates				
Water	g	59.87	50.89	40.11
Energy	kcal	193	164	129
Protein	g	27.37	23.26	18.34
Total lipid (fat)	g	6.51	5.53	4.36
Carbohydrate, by difference	g	4.47	3.80	2.99
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	7	6	5
Iron, Fe	mg	5.98	5.08	4.01
Magnesium, Mg	mg	23	20	15
Phosphorus, P	mg	483	411	324
Potassium, K	mg	353	300	237
Sodium, Na	mg	85	72	57
Zinc, Zn	mg	11.90	10.12	7.97
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.6	0.5
Thiamin	mg	0.178	0.151	0.119
Riboflavin	mg	3.060	2.601	2.050
Niacin	mg	14.350	12.197	9.614
Vitamin B-6	mg	0.891	0.757	0.597
Folate, DFE	µg	350	298	234
Vitamin B-12	µg	72.50	61.62	48.58
Vitamin A, RAE	µg	20074	17063	13450
Vitamin A, IU	IU	66989	56941	44883
Vitamin E (alpha-tocopherol)	mg	0.60	0.51	0.40

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Vitamin K (phylloquinone)	µg	1.6	1.4	1.1
Lipids				
Fatty acids, total saturated	g	2.109	1.793	1.413
Fatty acids, total monounsaturated	g	1.194	1.015	0.800
Fatty acids, total polyunsaturated	g	1.159	0.985	0.777
Fatty acids, total trans	g	0.285	0.242	0.191
Cholesterol	mg	485	412	325
Amino Acids				
Other				
Caffeine	mg	0	0	0