Composition and Nutritive Value of Meat-based Italian Traditional Recipes

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INTRODUCTION

The Italian food culture, although has its roots in the historic Mediterranean diet, based mainly on the consumption of foods of vegetable origin, has also evolved over time a strong tradition in the preparation of meat and meat products. The Italian gastronomic tradition offers a large number of recipes dedicated to the preparation of meat. This provides us with a rich choice of cooking methods that respect the cultural traditions of the different territories of our country.

Today, the awareness of the close relationship between food and health has led consumers to ask for more information on both the qualitative characteristics of food and their safety. The choice of the foods that we use for daily consumption, the way we cook them, the ingredients included in the recipes, strongly changes their intrinsic nutritional value. This can play an important role in determining the overall quality of the daily diet and can have, therefore, also a direct impact on the health status of population.

One of the nutritional strategies addressed to improve the knowledge of the consumers on their daily food consumption, should be to disseminate data on the nutritional composition of foods as daily consumed. The first step to meet this goal is to make available and easily accessible to consumers, nutritionists, as well as to the various stakeholders, the data on the nutrient composition of composite foods ready to be consumed.

From a nutritional point of view the information available on foods composition after cooking, as we consume them daily, is the optimal basis to guide consumers and nutritionists in the formulation of balanced diets or special diets. Therefore, gathering and disseminating this information through suitably designed databases, which include ready-to-eat recipes is extremely important. This type of nutritional database, including the compositional profile of meat-based dishes was also designed to provide the informative premises for the development of better food policy guidance.

The book was planned to provide a picture of compositional figure and nutritional value of cooked meat-based dishes typical of Italian culinary tradition. The goal is to develop a data-base of the recipes among the most widespread ones in Italy to estimate the dietary nutrient intake through diet. The necessary analyses were carried out both on raw and cooked meat, to evaluate changes in nutrient composition due to the renewed methods in breeding and animal feeding, and to heating processes.

This because the preparation of foods in more complex recipes and its subsequent cooking procedures lead to a modification of its basic composition, affecting the theoretical calculation of nutrient intake. The thermal processes to which meat is subjected represent indeed a very important factor that can greatly increase the variability in the content of nutrient.

In conclusion, the main outcome of this book lies in offering a range of nutritional data on the composition of cooked meat based-dishes, often missing in nutritional data base. The book is an user-friendly tool to consult the analytical data and to facilitate the assessment of correct intake of nutrients, driving stakeholders in the formulation of balanced diets or special diets.

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GENERAL

The book is composed of four paragraphs: 1) Description of the meat cuts origin 2) Explicative notes of data (Calculation factors, Abbreviations, Symbols) 3) Recipes description 4) Compositional Profile of both raw meat cuts and respective recipes.

Animal species and meat cuts utilised

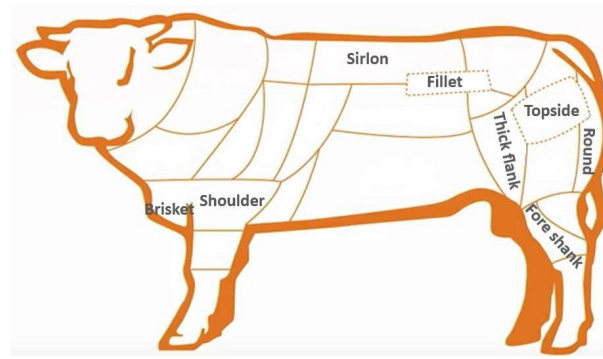
All the meats analysed were provided by both industry associations and retail market. The analysis of raw meats were carried out on 5 samples of each cut. Three recipes for each cut were prepared and analysed.
The name of meats cuts are shown both in English and Italian.

Beef and Veal

The recipes based on beef meat utilised 8 meat cuts. The recipes based on veal meat utilised 5 meat cuts.

Meat Cuts

	English	Italian
Beef, Veal	Fillet	Filetto
	Round	Girello
	Sirloin	Lombata
	Thick flank	Noce
	Topside	Fesa
Beef	Brisket	Punta di petto
	Fore shank	Ossobuco
	Shoulder	Spalla



Pork

Two meat cuts were utilized (*loin, sirloin*); "*Porchetta*" is a traditional local food preparation that involves the use of a whole piglet.

English	Italian
Loin	Lonza
Sirloin	Lombata
Porchetta	Porchetta

Lamb

The lamb recipe was prepared using half lamb.

Chicken

Whole chicken was cooked both with and without skin. Recipes based on breast were also prepared.

Turkey

Only the breast was utilized.

Rabbit

The recipe utilised the whole rabbit.

Explicative notes

Data and Nutrient values

For each meat cut and respective recipes a list of nutrients values is reported. All the nutrient values were analytical original data. All data regarding the compositional profile of each meat cut and recipes are expressed per 100 g of edible part, as average values. The values are presented with a varying number of digits, depending on the nutrient and the food concerned.

The data are tabulated with nutrients divided into: macronutrients (water, protein, lipid, carbohydrate), dietary fiber, cholesterol, minerals and trace elements, vitamins, individual fatty acids, total saturated, monounsaturated and polyunsaturated fatty acids.

Energy

Energy values are expressed both in kilocalories (kcal) and kilojoules (kJ) and calculated by multiplying the amounts of protein, fat, carbohydrate by respective conversion factors. The alcohol used in some recipes was assumed to be evaporated during the cooking procedures

1 kcal = 4.184 kJ

1kJ = 0.239 kcal

Energy conversion factors

	kcal/g	KJ/g
Protein	4	17
Fat	9	37
Carbohydrate	3.75	16
Alcohol	7	29

(Carbohydrate are expressed as monosaccharide)

Water

Water does not contribute to energy but is an important nutrient. Changes in water content, e.g. as a result of evaporation, can lead to substantial changes in the content of other nutrients expressed per 100 g of meat/recipe (AOAC method 2012 – Official methods of analysis of the Association of official Analytical Chemists, 19th ed.).

Protein

Protein content is calculated from the analysed values for total nitrogen (AOAC method 2012 – Official methods of analysis of the Association of official Analytical Chemists, 19th ed.). Protein content is calculated by multiplying the nitrogen content by the meat conversion factor of 6.25.

Fat

The total fat content is comprehensive of triglycerides, phospholipids, sterols and other related compounds (AOAC method 2012 – Official methods of analysis of the Association of official Analytical Chemists, 19th ed.). The fat value reported refers to this total fat content and not only to the triglycerides.

Fatty acids

In addition to the total amount of fat, values are given for three main groups of fatty acids (saturated, mono-unsaturated, poly-unsaturated). Individual fatty acids were determined as their methyl esters by GC/MS (Bligh and Dyer, 1959 Can. J. Biochem. Physiol.; Lucarini et al., 2017 Food Chem.). The fatty acids are reported as g/100 g edible portion of meat/recipe.

To calculate the total fatty acids in the meat/recipe the following conversion factors were applied (McCance and Widdowson's The composition of Foods, 5th ed., 1992)

Beef	fat	0.953	lean 0.916
Pork	fat	0.953	lean 0.910
Poultry		0.945	
Oils and fats		0.956	

Carbohydrate

Carbohydrate (but not fiber), when present in the recipes, are generally calculated by difference subtracting the sum of the amounts of other proximate components from the total weight.

Dietary fiber

Dietary fiber is present in some recipes only. Data are reported as Total Dietary Fiber (AOAC method 2012– Official methods of analysis of the Association of official Analytical Chemists, 19th ed.)

Cholesterol

Cholesterol content is expressed as mg/ 100 g. Cholesterol content was determined by enzymatic oxidation *(*Boehringer Mannheim – Rbiopharm kit*).*

Vitamins

Vitamin E Vitamin E is reported as α-tocopherol equivalents, *t*-retinol was also reported (analyses by LC/MS-MS, Lanina et al. J Chromatography 2007).

B Vitamins were determined by HPLC (Ndaw et al. Food Chem. 2000; Lahély et al. Food Chem, 1999; Arella et al. Food Chem. 1996)

Thiamin Vitamin B1 is expressed as thiamin hydrochloride (MW 337.28).

Riboflavin The activity of vitamin B2 (riboflavin and its phosphate esters) is expressed as riboflavin (MW 376.36).

Niacin The content of Niacin is expressed as nicotinic acid. The niacin activity includes nicotinic acid, nicotinamide and tryptophan.

Niacin activity is expressed in niacin equivalents:
NE = 1mg niacin = 60 mg tryptophan

Vitamin B6 The vitamin content is calculated as pyridoxine hydrochloride MW 205.64), it includes pyridoxine, pyridoxal and pyridoxamine.

Minerals and trace elements

Values for minerals and trace elements are expressed as mg/100 g or µg/100 g of edible portion.

The values for the following minerals and trace elements are reported:

Ca	Calcium	
K	Potassium	
Mg	Magnesium	
P	Phosphorus	
Na	Sodium	The amount of salt added under household preparation can vary.1 g salt contains about 0.4 g sodium (i.e. 0.393 g).
Fe	Iron	Iron occurs both as haeme iron and nonhaeme iron in animal foods. In the Recipe Composition Profile, no difference is made between the two forms
Zn	Zinc	
Cu	Copper	
Mn	Manganese	

Method of analysis: Samples were analyzed by ICP-OES after liquid ashing of the samples (Lucarini et al. Food Chem. 2013).

Abbreviations used

0	not present
Tr	trace amounts
N	the nutrient is present but with no reliable data on the amount.

Recipes description

All recipes have been standardised on the basis of the original recipes reported in the books related to the traditional Italian cuisine.

BEEF

Boiled

- Shoulder 400 g
- Carrot 16 g
- Celery 10 g
- Water 1500 ml
- Salt 2 g

Boil meat and vegetable in water for 1 ½ hours. Take the meat and let it cool, then season as preferred.

Brasato al Barolo

- Brisket 400 g
- Extra-virgin olive oil 8 ml
- Butter 12 g

Marinade

- Barolo Red Wine 220 ml
- Onion 30 g
- Carrot 40 g
- Celery 20 g
- Clove 0.1 g
- Rosemary 0.3 g
- Laurel 1 g
- Garlic 1 g
- Pepper, grain 0.1 g
- Nutmeg 1 g
- Salt 1g

Marinade the meat with vegetables, spices and Barolo wine for 12 hours. Remove the meat and brown in a casserole with oil and butter for 5 minutes, add vegetable, spices and simmer for 5 minutes. Add the wine used for marinating and braise turning the meat about 60 minutes. Once cooked, mince the vegetables with the mixer.

Cutlets at Milanese style

- Meat slices, (Round, Topside) 500 g
- Extra-virgin olive oil 70 ml
- Bread crumble 90 g
- Egg 1
- Salt 3 g

Beat egg with salt. Deep the slices into the liquid, left for same minutes. Put the breadcrumbs in a bowl and cover the meat slices by pressing softly. Heat the oil in a pan and fry turning until they get a little brown. Dray on absorbent paper.

Escalope with lemon juice

- Meat slices, (Round, Topside) 500 g
- Flour 30 g
- Extra-virgin olive oil 30 ml
- Salt 2 g
- Lemon juice 30 ml

Heat the oil in a non-stick pan, lightly coat the meat with flour, add salt. Brown the meat on both sides, add lemon juice. Reduce the sauce.

Escalope with white wine

- Meat slices, (Round, Topside) 500 g
- Flour 30 g
- Extra-virgin olive oil 30 ml
- Salt 3 g
- White wine 85 ml

Heat the oil in a non-stick pan, lightly coat the meat with flour, add salt. Brown the meat on both sides, add the white wine. Reduce the sauce.

Fillet with black pepper and soy cream

- Fillet, slices 500 g
- Soy cream 40 g
- Extra-virgin olive oil 3 ml
- Black Pepper 0.3 g
- Salt 2 g

Season the beef fillet with salt and pepper on both sides. In a casserole cook the fillet with oil for 2 minutes each side. Once the meat is browned on all sides cover with the soya cream and reduce.

Fillet with black pepper and milk cream

- Fillet, slices 500 g
- Milk cream 60 g
- Butter 20 g
- Black Pepper 0.3 g
- Salt 2 g
- Brandy 60 ml

Season the beef fillet with salt and pepper on both sides. In a casserole melt the butter and add the meat and cook 2 minutes each side. Once the meat is browned on both sides, add brandy and simmer. Cover with the milk cream and reduce.

Grilled

- Sirloin 500 g

Grill the meat cut for about 8-10 minutes, turning frequently. No added ingredients.

Hamburger

- Ground meat, (Thick flank, Topside) 500 g
- Salt 3 g

Form ground beef in patties, about 1-inch thick.

Season with salt. Cook the hamburger in a non-stick pan for 4-5 minutes, turn the patties over and cook another 4-5 minutes or until done.

In pan

- Meat slices (all cuts) 500 g

Cook the slices in a previously heated non-stick pan for about 4 minutes. No added ingredients.

Meatballs

- Ground meat, (Thick flank, Topside) 500 g
- Bread 100 g
- Eggs 2
- Parmigiano cheese 45 g
- Bread crumbs 80 g
- Flour 30 g
- Garlic 1 clove
- Salt 3 g
- Black Pepper 0.3 g
- Extra-virgin olive oil 50 ml
- Wine 85 ml

Put the wine in a basin and add white bread, left until the bread is softened. In a large bowl combine the ground meat with garlic, eggs, Parmigiano cheese, bread crumbs, salt and pepper. Squeeze the bread out and add to the meat. Roll meat by hand, press each meatball into flour to coat, shake off the excess flour. Heat the oil in a pan and dip balls in oil until brown and crispy. Drain on a paper towel-lined plate.

Ossobuco alla Milanese

- Fore shank 400 g
- Flour 9 g
- Butter 11 g
- Extra-virgin Olive Oil 7 ml
- Onion, finely chopped 16 g
- Celery, finely chopped 13 g
- Carrot, finely chopped 24 g
- Salt 1 g
- Broth 53 ml
- White wine 30 ml

This is one of the signature dishes from Milan. Flour the meat 2 inch thick and brown for 15 min with onion, carrot, and celery. Add the wine, bring to boil and reduce. Add the broth and cook over low heat for 30 min.

Pizzaiola, "pizza style meat"

- Thick flank, slices 480 g
- Garlic, 1 clove

- Canned tomatoes 230 g
- Extra-virgin olive oil 30 ml
- Oregano 3 g
- Salt 3 g
- Black Pepper 0.2 g

This is a classic Neapolitan recipe. The recipe was named “Pizzaiola” as the sauce resembles to that used to make “pizza”. Heat the oil in a pan, lightly cook the garlic and take it off. Pour chopped tomatoes, season with salt and pepper, add oregano generously. Lower the heat and simmer for about 10 minutes or until the sauce is reduced

Ragout

- Minced meat, (Brisket) 400 g
- Onion 80 g
- Carrot 80 g
- Celery 80 g
- Tomato 560 g
- Extra-virgin olive oil 25 ml
- Wine 60 ml
- Water 200 ml
- Salt 2 g

Brown the onions, carrots and celery for 5 minutes. Add meat and stir for 5 minutes then add wine and reduce. Add tomatoes, water and simmer for 60 minutes, stirring occasionally.

Roast

- Round 500 g
- Extra-virgin olive oil 25 ml
- Wine 80 ml
- Garlic 2 cloves
- Rosemary 2.5 g
- Black Pepper 0.3 g
- Salt 3 g

Tie the meat with kitchen string to keep it in shape. Season with salt and pepper. In a casserole heat oil with garlic and rosemary, brown the meat turning it often. Add the wine so the roast is about ¾ covered

and reduce the heat to low for 2 hours, turning the roast. When cooked, let the meat cool before slicing it.

Roastbeef

- Round 400 g
- Extra-virgin olive oil 5 ml
- Butter 4 g
- Flour 3g
- Garlic 1 clove
- Salt 1 g
- Black Pepper 0.3 g

Flour the meat and brown it in pan with oil, salt, pepper, butter and garlic for 3-5 minutes. Continue cooking in the oven and bake for 20 minutes. Reduce the heat and continue to cook for other 20 minutes.

Stew

- Thick flank, chopped 500 g
- Flour 8 g
- Onion 65 g
- Black Pepper 0.3 g
- Salt 3 g
- Extra-virgin olive oil 15 ml
- Butter 25 g
- Red wine 130 ml

Heat the oil in a casserole and add the onions previously chopped, let until lightly brown. Cut the meat, lightly flour and put into the casserole. Brown the meat turning continuously. Season with salt and pepper. Pour the wine and let stewing until ready.

VEAL

Escalope with Marsala wine

- Topside, slices 490 g
- Flour 27 g
- Extra-virgin olive oil 40 ml
- Salt 2 g
- Marsala Wine 55 ml

Flour the meat slices. Season with salt and pepper. Heating the oil and add the meat, cook at low heating. Add Marsala wine and cook in each sides at higher temperature for 10 minutes or until the sauce is reduced.

Filled rolls

- Round, slices 520 g
- Thin layer cheese 140 g
- Cooked ham 90 g
- Butter 30 g
- Salt 2 g
- Pepper 0.2 g
- White wine 50 ml

Lie one slice of ham and a layer of cheese on the meat slices, roll meat and fix firmly with a toothpick. Season with salt and pepper. When the butter is melted in the pan brown the rolls and then stuffed with white wine and reduce.

In pan

- Meat slices, (all cuts) 500 g

Cook the slices in a previously heated non-stick pan for about 4 minutes. No added ingredients.

Roast

- Fillet 510 g
- Bacon, thin slices 25 g
- Rosemary 3 g
- Salt 2 g
- Black pepper 0.4 g
- White wine 80 ml
- Extra-virgin olive oil 30 ml

Wrap the bacon around the fillet, overlapping each slice enough to completely cover the meat. Fasten the bacon with cooking string. Brown in a casserole with the spices at high heat, then add wine plus little water and simmer at low heat for about 35-40 minutes.

Saltimbocca alla Romana

- Topside, slices 450 g
- Ham 100 g
- Flour 25 g
- Butter 20 g
- Salt 2.3 g
- Black pepper 0.3 g
- Sage 1 leave for slice
- White wine 65 ml

Flour both sides of the slices. Put a slice of ham on the meat and on a sage leaf. Fix with a toothpick. Heat the butter in a pan, cook for a few minutes, add salt and pepper. Add wine and reduce.

Stew

- Thick flank, chopped 480 g
- Flour 8 g
- Onion 50 g
- Black pepper 0.2 g
- Salt 3 g
- Extra-virgin olive oil 40 ml
- Red wine 60 ml

Heat the oil in a casserole and add the onion previously chopped, let until lightly brown. Cut the meat in small pieces, lightly flour and put into the casserole. Brown the meat turning continuously. Season with salt and pepper. Pour the wine and let stewing until ready about 30 minutes.

Vitel tonné

- Thick flank 600 g
- Salt 4 g
- Seasoning
- Canned tuna fish 130 g
- Egg 1 g
- Anchovies 8 g
- Capers 33 g
- Extra-virgin olive oil 180 g
- Salt 1.2 g
- Lemon juice 30 ml
- Lemon slices

Boil the meat in water with salt for about 40 minutes. Preparation of tuna fish sauce: prepare a Mayonnaise sauce using 1 egg yolk, extra-virgin olive oil and salt, add anchovies, capers, canned tuna fish, lemon juice and whip until soft and creamy. Cut the meat on thin slices and spread out of tuna sauce. Garnish with lemon sliced ant capers.

PORK

Bacon wrapped pork fillet

- Fillet 500 g
- Bacon, thin slices 25 g
- Rosemary 2 g
- Salt 3 g
- White wine 80 ml

Wrap the bacon around the loin, overlapping each slice enough to completely cover the meat. Fix with a Kitchen string. Brown in a casserole with the spices at high heat, then add wine plus little water and simmer at low heat for about 35-40 minutes.

Loin cooked in pan

- Loin, slices 500 g
- Rosemary

Cook in a non-stick pan for 3 to 4 minutes on each side until no longer pink.

Loin roast with milk

- Loin 1 kg
- Butter 40 g
- Milk 300 ml
- Salt 3 g
- Pepper 0.1 g

Brown the pork in the butter for 10 minutes, add the milk and cover, simmer over a low heat for 50 minutes, then uncover and continue cooking for another 10 minutes.

Porchetta alla Romana PGI

Slices of Porchetta were bought at market place. The Porchetta Romana, a boneless little pork, is a typical ancient XIV century recipe. Porchetta is so flavorful for the aromatic herbs salt, garlic, black pepper and rosemary with which is stuffed. The suckling pig is then cooked at 160 - 280°C, from 3 to a maximum of 6 hours.

LAMB

Roast

- Deboned meat 1 kg
- Rosemary 2 g
- Sage 1 g
- Garlic 4 cloves
- Extra-virgin olive oil 7 ml
- Black pepper 0.3 g
- Salt 3 g

Season the lamb in a casserole with spices, salt, pepper and oil. Cook in oven for 40 minutes.

CHICKEN

Cutlet

- Breast, slices 500 g
- Eggs 90 g
- Bread crumb 90 g
- Flour 22 g
- Extra-virgin olive oil 216 ml
- Salt 1 g

Beat eggs and season with salt and black pepper. Dip each slice first in the flour, shaking off excess, then into the beaten eggs and finally in the bread crumb covering both sides. Gently press the crumbs into the slices, shaking to remove the excess. Heat the oil in a pan and fry turning once to brown both sides

In pan

- Breast, slices 500 g

Cook the slices in a non-stick pan for 2 to 3 minutes on each side until done. No added ingredients.

The Whole Grilled Chicken was from Rotisserie

TURKEY

Escalope with lemon juice

- Breast, slices 500 g
- Flour 95 g
- Lemon juice 30 ml
- Extra-virgin olive oil 45 ml
- Salt 2 g

Dip each slice in the flour shaking off excess. Heat the oil in a pan and cook the floured slices in both sides. Finally add the lemon juice and continue cooking for few additional minutes.

RABBIT

Rabbit at hunter style

- Deboned Rabbit 800 g
- Rosemary 1 g
- Sage 1 g
- Garlic 1 clove
- Extra-virgin olive oil 35 ml
- Wine 38 ml
- Vinegar 30 ml
- Salt 1 g

Cook at moderate heat the whole rabbit with the spices in a casserole. When the water has evaporated add oil and salt and continue cooking until brown. Then add wine and vinegar and cook for 30-40 minutes to reduce.

COMPOSITIONAL PROFILE OF RECIPES

BEEF

Brisket

Raw cut



Chemical composition per 100 g edible part

Water	g	75.0
Protein	g	20.3
Lipid	g	4.06
Carbohydrate	g	0
Energy	**kcal**	118 **kJ** 494
Cholesterol	mg	59
Minerals and trace elements		
Calcium	mg	6.59
Phosphorus	mg	150
Potassium	mg	361
Magnesium	mg	17.3
Sodium	mg	68.3
Iron	mg	2.14
Zinc	mg	4.67
Copper	mg	0.06
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.10
Riboflavin	mg	0.15
Niacin	mg	4.07
B6	mg	0.25
Vitamin E	mg	0.15
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.78
Monounsaturated	g	1.67
Polyunsaturated	g	0.22
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.12
C 15:0	g	N
C 16:0	g	1.01
C 17:0	g	0.04
C 18:0	g	0.60
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.14
C 17:1	g	0.03
C 18:1	g	1.49
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.18
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.02
C 20:5 n3 EPA	g	N

Brisket

Brasato with Barolo wine



Chemical composition per 100 g edible part

Water	g	63.0
Protein	g	23.8
Lipid	g	9.1
Carbohydrate	g	2.7
Energy	**kcal**	187 **kJ** 783
Cholesterol	mg	84
Minerals and trace elements		
Calcium	mg	16.9
Phosphorus	mg	197
Potassium	mg	458
Magnesium	mg	26.3
Sodium	mg	133
Iron	mg	1.24
Zinc	mg	3.09
Copper	mg	0.06
Manganese	mg	0.1
Vitamins		
Thiamin	mg	0.12
Riboflavin	mg	0.19
Niacin	mg	2.19
B6	mg	0.49
Vitamin E	mg	0.22
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	3.89
Monounsaturated	g	3.76
Polyunsaturated	g	0.63
Saturated		
C4:0-C10:0	g	0.09
C 12:0	g	0.12
C 14:0	g	0.49
C 15:0	g	N
C 16:0	g	2.21
C 17:0	g	0.06
C 18:0	g	0.92
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.25
C 17:1	g	0.05
C 18:1	g	3.46
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.50
C 18:3 n3	g	0.05
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

Brisket

Ragout



Chemical composition per 100 g edible part

Water	g	82
Protein	g	8.7
Lipid	g	3.4
Carbohydrate	g	4
Energy	**kcal**	80 **kJ** 335
Cholesterol	mg	99.6
Minerals and trace elements		
Calcium	mg	14.5
Phosphorus	mg	77.8
Potassium	mg	396
Magnesium	mg	15.9
Sodium	mg	211
Iron	mg	1.1
Zinc	mg	2.25
Copper	mg	0.06
Manganese	mg	0.09
Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.06
Niacin	mg	2.74
B6	mg	0.38
Vitamin E	mg	0.66
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	1.08
Monounsaturated	g	1.97
Polyunsaturated	g	0.05
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.08
C 15:0	g	N
C 16:0	g	0.71
C 17:0	g	N
C 18:0	g	0.30
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.07
C 17:1	g	N
C 18:1	g	1.90
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.05
C 18:3 n3	g	N
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Fillet

Raw cut



Chemical composition per 100 g edible part

Water	g	75.4
Protein	g	20.7
Lipid	g	2.2
Carbohydrate	g	0
Energy	**kcal**	103
	kJ	431
Cholesterol	mg	63
Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	184
Potassium	mg	394
Magnesium	mg	24
Sodium	mg	43
Iron	mg	1.77
Zinc	mg	3.13
Copper	mg	0.06
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.12
Riboflavin	mg	0.20
Niacin	mg	5.53
B6	mg	0.46
Vitamin E	mg	0.29
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.96
Monounsaturated	g	0.58
Polyunsaturated	g	0.40
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.04
C 14:0	g	0.04
C 15:0	g	0.45
C 16:0	g	0.05
C 17:0	g	0.15
C 18:0	g	N
C 20:0	g	0.02
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.05
C 17:1	g	0.04
C 18:1	g	0.55
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.29
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	0.01

Fillet

Fillet with black pepper and milk cream



Chemical composition per 100 g edible part

Water	g	70
Protein	g	20.6
Lipid	g	8.3
Carbohydrate	g	0.2
Energy	**kcal**	158 **kJ** 661
Cholesterol	mg	96
Minerals and trace elements		
Calcium	mg	14
Phosphorus	mg	166
Potassium	mg	404
Magnesium	mg	19
Sodium	mg	190
Iron	mg	1.14
Zinc	mg	2.32
Copper	mg	0.06
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.10
Riboflavin	mg	0.16
Niacin	mg	4.78
B6	mg	0.46
Vitamin E	mg	0.29
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	5.25
Monounsaturated	g	1.77
Polyunsaturated	g	0.49
Saturated		
C4:0-C10:0	g	N
C 12:0	g	1.26
C 14:0	g	0.76
C 15:0	g	0.08
C 16:0	g	1.79
C 17:0	g	0.15
C 18:0	g	1.27
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.05
C 16:1	g	0.11
C 17:1	g	0.06
C 18:1	g	1.55
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.34
C 18:3 n3	g	0.05
C 20:2 n6	g	N
C 20:4 n6	g	0.10
C 20:5 n3 EPA	g	N

Fillet

Fillet with black pepper and soy cream



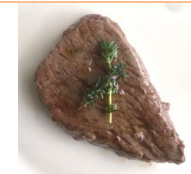
Chemical composition per 100 g edible part

Water	g	61.0
Protein	g	21.7
Lipid	g	14.8
Carbohydrate	g	0.3
Energy	**kcal**	221 **kJ** 925
Cholesterol	mg	63
Minerals and trace elements		
Calcium	mg	15
Phosphorus	mg	351
Potassium	mg	622
Magnesium	mg	15
Sodium	mg	241
Iron	mg	5.5
Zinc	mg	5.6
Copper	mg	0.15
Manganese	mg	0.10
Vitamins		
Thiamin	mg	0.05
Riboflavin	mg	0.27
Niacin	mg	6.43
B6	mg	0.44
Vitamin E	mg	0.16
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	4.26
Monounsaturated	g	2.35
Polyunsaturated	g	2.35
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.17
C 14:0	g	0.62
C 15:0	g	0.15
C 16:0	g	2.10
C 17:0	g	0.15
C 18:0	g	0.91
C 20:0	g	N
C 21:0	g	0.15
Monounsaturated		
C 14:1	g	0.07
C 16:1	g	N
C 17:1	g	0.03
C 18:1	g	1.99
C 20:1	g	N
C 21:1	g	N
C 22:1	g	0.24
Polyunsaturated		
C 18:2 n6	g	0.41
C 18:3 n3	g	0.05
C 20:2 n6	g	0.24
C 20:4 n6	g	0.12
C 20:5 n3 EPA	g	N

Fillet

In pan



Chemical composition per 100 g edible part

Water	g	70.5
Protein	g	24.5
Lipid	g	2.7
Carbohydrate	g	0
Energy	**kcal**	122 **kJ** 510
Cholesterol	mg	52
Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	243
Potassium	mg	440
Magnesium	mg	27
Sodium	mg	54
Iron	mg	2.11
Zinc	mg	2.49
Copper	mg	0.06
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.12
Riboflavin	mg	0.14
Niacin	mg	4.92
B6	mg	0.48
Vitamin E	mg	0.08
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.26
Monounsaturated	g	0.84
Polyunsaturated	g	0.41
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.01
C 15:0	g	0.01
C 16:0	g	0.12
C 17:0	g	0.15
C 18:0	g	0.11
C 20:0	g	N
C 21:0	g	0.00
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.05
C 17:1	g	0.03
C 18:1	g	0.73
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.33
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.01
C 20:5 n3 EPA	g	0.05

Fore shank

Raw cut



Chemical composition per 100 g edible part

Water	g	72.0
Protein	g	19.7
Lipid	g	6.65
Carbohydrate	g	0
Energy	**kcal**	139 **kJ** 582
Cholesterol	mg	56.5
Minerals and trace elements		
Calcium	mg	3.0
Phosphorus	mg	179
Potassium	mg	296
Magnesium	mg	20.4
Sodium	mg	64.3
Iron	mg	2.2
Zinc	mg	4.3
Copper	mg	0.06
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.13
Riboflavin	mg	0.12
Niacin	mg	3.32
B6	mg	0.11
Vitamin E	mg	0.15
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.84
Monounsaturated	g	2.99
Polyunsaturated	g	0.27
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.25
C 15:0	g	N
C 16:0	g	1.71
C 17:0	g	0.06
C 18:0	g	0.81
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.25
C 17:1	g	0.06
C 18:1	g	2.68
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.27
C 18:3 n3	g	N
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Fore shank

Ossobuco alla Milanese



Chemical composition per 100 g edible part

Water	g	56.0
Protein	g	26.0
Lipid	g	14.5
Carbohydrate	g	4.0
Energy	**kcal** 250	**kJ** 1046
Cholesterol	mg	121
Minerals and trace elements		
Calcium	mg	41.5
Phosphorus	mg	200
Potassium	mg	466
Magnesium	mg	21.2
Sodium	mg	162
Iron	mg	2.4
Zinc	mg	6.46
Copper	mg	0.07
Manganese	mg	0.04
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.18
Niacin	mg	4.47
B6	mg	0.21
Vitamin E	mg	0.20
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	6.43
Monounsaturated	g	6.34
Polyunsaturated	g	0.51
Saturated		
C4:0-C10:0	g	0.18
C 12:0	g	0.16
C 14:0	g	0.75
C 15:0	g	N
C 16:0	g	3.71
C 17:0	g	0.11
C 18:0	g	1.53
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.46
C 17:1	g	0.10
C 18:1	g	5.78
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.51
C 18:3 n3	g	N
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Round

Raw cut



Chemical composition per 100 g edible part

Water	g	76.0
Protein	g	21.4
Lipid	g	1.1
Carbohydrate	g	0
Energy	**kcal**	95 **kJ** 400
Cholesterol	mg	43
Minerals and trace elements		
Calcium	mg	3.9
Phosphorus	mg	203
Potassium	mg	385
Magnesium	mg	23
Sodium	mg	45
Iron	mg	1.15
Zinc	mg	3.02
Copper	mg	0.04
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.10
Riboflavin	mg	0.45
Niacin	mg	5.33
B6	mg	0.26
Vitamin E	mg	0.27
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.47
Monounsaturated	g	0.31
Polyunsaturated	g	0.23
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.01
C 15:0	g	0.01
C 16:0	g	0.23
C 17:0	g	0.02
C 18:0	g	0.17
C 20:0	g	N
C 21:0	g	0.04
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.03
C 17:1	g	0.01
C 18:1	g	0.26
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.16
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	0.01

Round

Cutlets at Milanese style



Chemical composition per 100 g edible part

Water	g	61
Protein	g	22
Lipid	g	9.5
Carbohydrate	g	6.1
Energy	**kcal**	196 **kJ** 820
Cholesterol	mg	65
Dietary Fibre	g	0.8
Minerals and trace elements		
Calcium	mg	12
Phosphorus	mg	206
Potassium	mg	402
Magnesium	mg	21
Sodium	mg	213
Iron	mg	1.75
Zinc	mg	3.1
Copper	mg	0.04
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.07
Niacin	mg	3.65
B6	mg	0.33
Vitamin E	mg	4.79
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.71
Monounsaturated	g	1.05
Polyunsaturated	g	0.43
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.10
C 15:0	g	0.10
C 16:0	g	0.25
C 17:0	g	0.10
C 18:0	g	0.16
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.10
C 16:1	g	0.11
C 17:1	g	0.10
C 18:1	g	0.75
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.21
C 18:3 n3	g	0.10
C 20:2 n6	g	N
C 20:4 n6	g	0.12
C 20:5 n3 EPA	g	N

Round

Escalope with white wine



Chemical composition per 100 g edible part

Water	g	71.0
Protein	g	20.9
Lipid	g	5.5
Carbohydrate	g	1.4
Energy	**kcal**	138 **kJ** 577
Cholesterol	mg	45
Dietary Fibre	g	0.1
Minerals and trace elements		
Calcium	mg	11
Phosphorus	mg	327
Potassium	mg	489
Magnesium	mg	37
Sodium	mg	387
Iron	mg	1.27
Zinc	mg	4.7
Copper	mg	0.06
Manganese	mg	0.07
Vitamins		
Thiamin	mg	0.05
Riboflavin	mg	0.09
Niacin	mg	5.55
B6	mg	0.30
Vitamin E	mg	0.67
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.38
Monounsaturated	g	2.60
Polyunsaturated	g	1.03
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.09
C 15:0	g	0.08
C 16:0	g	0.73
C 17:0	g	0.05
C 18:0	g	0.42
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.10
C 17:1	g	0.55
C 18:1	g	1.91
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.77
C 18:3 n3	g	0.05
C 20:2 n6	g	N
C 20:4 n6	g	0.22
C 20:5 n3 EPA	g	N

Round

In pan



Chemical composition per 100 g edible part

Water	g	71.2
Protein	g	25.4
Lipid	g	1.5
Carbohydrate	g	0

Energy	**kcal**	115
	kJ	481

Cholesterol	mg	63

Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	220
Potassium	mg	460
Magnesium	mg	26
Sodium	mg	45
Iron	mg	1.42
Zinc	mg	3.69
Copper	mg	0.04
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.15
Niacin	mg	5.11
B6	mg	0.34
Vitamin E	mg	0.21
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.66
Monounsaturated	g	0.50
Polyunsaturated	g	0.24

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	0.02
C 16:0	g	0.32
C 17:0	g	0.02
C 18:0	g	0.26
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.03
C 17:1	g	0.02
C 18:1	g	0.42
C 20:1	g	N
C 21:1	g	N
C 22:1	g	0.02
Polyunsaturated		
C 18:2 n6	g	0.18
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.05
C 20:5 n3 EPA	g	0.00

Round

Roast



Chemical composition per 100 g edible part

Water	g	68.1
Protein	g	26.3
Lipid	g	3.3
Carbohydrate	g	0
Energy	**kcal**	135 **kJ** 565
Cholesterol	mg	82
Minerals and trace elements		
Calcium	mg	11
Phosphorus	mg	230
Potassium	mg	461
Magnesium	mg	27
Sodium	mg	314
Iron	mg	1.44
Zinc	mg	3.63
Copper	mg	0.05
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.10
Riboflavin	mg	0.08
Niacin	mg	5.31
B6	mg	0.30
Vitamin E	mg	1.29
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.76
Monounsaturated	g	1.22
Polyunsaturated	g	0.06
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	0.09
C 16:0	g	0.90
C 17:0	g	0.07
C 18:0	g	0.60
C 20:0	g	N
C 21:0	g	0.06
Monounsaturated		
C 14:1	g	0.03
C 16:1	g	0.11
C 17:1	g	0.08
C 18:1	g	1.00
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.06
C 18:3 n3	g	N
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Round

Roastbeef



Chemical composition per 100 g edible part

Water	g	70.0
Protein	g	23.3
Lipid	g	3.85
Carbohydrate	g	0.66
Energy	**kcal**	130 **kJ** 544
Cholesterol	mg	56
Minerals and trace elements		
Calcium	mg	4.10
Phosphorus	mg	190
Potassium	mg	560
Magnesium	mg	234
Sodium	mg	138
Iron	mg	1.42
Zinc	mg	3.26
Copper	mg	0.05
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.08
Niacin	mg	4.07
B6	mg	0.35
Vitamin E	mg	1.29
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	1.49
Monounsaturated	g	1.61
Polyunsaturated	g	0.41
Saturated		
C4:0-C10:0	g	0.04
C 12:0	g	0.04
C 14:0	g	0.15
C 15:0	g	N
C 16:0	g	0.88
C 17:0	g	0.02
C 18:0	g	0.36
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.11
C 17:1	g	0.02
C 18:1	g	1.48
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.33
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.06
C 20:5 n3 EPA	g	N

Shoulder

Raw cut



Chemical composition per 100 g edible part

Water	g	74.0
Protein	g	22.5
Lipid	g	2.3
Carbohydrate	g	0

Energy **kcal** 111 **kJ** 464

Cholesterol	mg	64

Minerals and trace elements		
Calcium	mg	4.5
Phosphorus	mg	162
Potassium	mg	279
Magnesium	mg	17.6
Sodium	mg	57.5
Iron	mg	2.19
Zinc	mg	5.04
Copper	mg	0.05
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.09
Riboflavin	mg	0.10
Niacin	mg	1.01
B6	mg	0.40
Vitamin E	mg	0.06
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.82
Monounsaturated	g	0.96
Polyunsaturated	g	0.24

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	N
C 16:0	g	0.49
C 17:0	g	0.02
C 18:0	g	0.28
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	N
C 17:1	g	0.02
C 18:1	g	0.94
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.17
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.05
C 20:5 n3 EPA	g	N

Shoulder

Boiled



Chemical composition per 100 g edible part

Water	g	61.0
Protein	g	35.6
Lipid	g	2.4
Carbohydrate	g	0

Energy	**kcal**	164 **kJ** 686

Cholesterol	mg	48.5

Minerals and trace elements		
Calcium	mg	6.1
Phosphorus	mg	168
Potassium	mg	249
Magnesium	mg	23
Sodium	mg	42.5
Iron	mg	3.5
Zinc	mg	10
Copper	mg	0.01
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.98
Niacin	mg	2.74
B6	mg	0.46
Vitamin E	mg	0.90
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.80
Monounsaturated	g	1.05
Polyunsaturated	g	0.30

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	N
C 16:0	g	0.49
C 17:0	g	0.01
C 18:0	g	0.26
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.08
C 17:1	g	0.02
C 18:1	g	0.95
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.21
C 18:3 n3	g	0.03
C 20:2 n6	g	N
C 20:4 n6	g	0.07
C 20:5 n3 EPA	g	N

Sirloin

Raw cut



Chemical composition per 100 g edible part

Water	g	74.8
Protein	g	20.7
Lipid	g	2.9
Carbohydrate	g	0

Energy	**kcal**	109 **kJ** 456

Cholesterol	mg	63

Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	179
Potassium	mg	345
Magnesium	mg	19
Sodium	mg	40
Iron	mg	1.19
Zinc	mg	3.54
Copper	mg	0.04
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.18
Niacin	mg	5.48
B6	mg	0.42
Vitamin E	mg	0.27
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.36
Monounsaturated	g	0.91
Polyunsaturated	g	0.38

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.07
C 15:0	g	0.05
C 16:0	g	0.68
C 17:0	g	0.06
C 18:0	g	0.49
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.06
C 17:1	g	0.03
C 18:1	g	0.81
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.28
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.07
C 20:5 n3 EPA	g	0.02

Sirloin

Grilled



Chemical composition per 100 g edible part

Water	g	66.5
Protein	g	25
Lipid	g	6.9
Carbohydrate	g	0
Energy	**kcal**	162 **kJ** 678
Cholesterol	mg	64
Minerals and trace elements		
Calcium	mg	5.0
Phosphorus	mg	224
Potassium	mg	436
Magnesium	mg	25
Sodium	mg	56
Iron	mg	1.43
Zinc	mg	3.72
Copper	mg	0.04
Manganese	mg	0.04
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.14
Niacin	mg	5.48
B6	mg	0.45
Vitamin E	mg	0.06
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.80
Monounsaturated	g	2.65
Polyunsaturated	g	1.50
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.20
C 15:0	g	0.10
C 16:0	g	1.10
C 17:0	g	0.18
C 18:0	g	1.10
C 20:0	g	N
C 21:0	g	0.12
Monounsaturated		
C 14:1	g	0.06
C 16:1	g	0.64
C 17:1	g	0.09
C 18:1	g	1.60
C 20:1	g	N
C 21:1	g	N
C 22:1	g	0.26
Polyunsaturated		
C 18:2 n6	g	0.56
C 18:3 n3	g	0.70
C 20:2 n6	g	N
C 20:4 n6	g	0.24
C 20:5 n3 EPA	g	N

Sirloin

In pan

Chemical composition per 100 g edible part

Water	g	71.8
Protein	g	23.3
Lipid	g	2.3
Carbohydrate	g	0
Energy	**kcal**	114 **kJ** 477
Cholesterol	mg	73
Minerals and trace elements		
Calcium	mg	6.0
Phosphorus	mg	193
Potassium	mg	437
Magnesium	mg	21
Sodium	mg	45
Iron	mg	1.86
Zinc	mg	4.92
Copper	mg	0.05
Manganese	mg	0.06
Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.13
Niacin	mg	6.10
B6	mg	0.44
Vitamin E	mg	0.29
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.95
Monounsaturated	g	0.76
Polyunsaturated	g	0.41
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.06
C 15:0	g	0.02
C 16:0	g	0.48
C 17:0	g	0.04
C 18:0	g	0.33
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.07
C 17:1	g	0.02
C 18:1	g	0.65
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.28
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	0.03

Thick flank

Raw cut



Chemical composition per 100 g edible part

Water	g	76.2
Protein	g	20.3
Lipid	g	2.1
Carbohydrate	g	0

Energy	**kcal** 100	**kJ** 418

Cholesterol	mg	57

Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	184
Potassium	mg	370
Magnesium	mg	21
Sodium	mg	53
Iron	mg	1.34
Zinc	mg	3.79
Copper	mg	0.03
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.19
Niacin	mg	4.81
B6	mg	0.27
Vitamin E	mg	0.28
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.88
Monounsaturated	g	0.69
Polyunsaturated	g	0.34

Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.04
C 14:0	g	0.04
C 15:0	g	0.42
C 16:0	g	0.03
C 17:0	g	0.33
C 18:0	g	0.02
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.05
C 17:1	g	0.03
C 18:1	g	0.59
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.25
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.07
C 20:5 n3 EPA	g	0.01

Thick flank

Escalope with lemon juice



Chemical composition per 100 g edible part

Water	g	66.7
Protein	g	20.4
Lipid	g	7.9
Carbohydrate	g	0.7
Energy	**kcal**	155 **kJ** 648
Cholesterol	mg	55
Dietary Fibre	g	0.7
Minerals and trace elements		
Calcium	mg	5.0
Phosphorus	mg	172
Potassium	mg	423
Magnesium	mg	21
Sodium	mg	287
Iron	mg	1.37
Zinc	mg	3.39
Copper	mg	0.04
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.06
Riboflavin	mg	0.11
Niacin	mg	5.80
B6	mg	0.26
Vitamin E	mg	0.24
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.33
Monounsaturated	g	4.03
Polyunsaturated	g	0.82
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.05
C 14:0	g	N
C 15:0	g	N
C 16:0	g	0.91
C 17:0	g	0.07
C 18:0	g	0.30
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.08
C 17:1	g	N
C 18:1	g	3.84
C 20:1	g	0.11
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.72
C 18:3 n3	g	0.04
C 20:2 n6	g	N
C 20:4 n6	g	0.06
C 20:5 n3 EPA	g	N

Thick flank

Hamburger



Chemical composition per 100 g edible part

Water	g	70.2
Protein	g	26.1
Lipid	g	2.1
Carbohydrate	g	0
Energy	**kcal**	123 **kJ** 515
Cholesterol	mg	87
Minerals and trace elements		
Calcium	mg	10
Phosphorus	mg	434
Potassium	mg	232
Magnesium	mg	46
Sodium	mg	488
Iron	mg	2.18
Zinc	mg	4.45
Copper	mg	0.09
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.06
Riboflavin	mg	0.09
Niacin	mg	4.13
B6	mg	0.30
Vitamin E	mg	1.07
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.76
Monounsaturated	g	0.71
Polyunsaturated	g	0.44
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.04
C 14:0	g	0.01
C 15:0	g	0.32
C 16:0	g	0.03
C 17:0	g	0.33
C 18:0	g	0.03
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.05
C 17:1	g	0.05
C 18:1	g	0.59
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.30
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.12
C 20:5 n3 EPA	g	N

Thick flank

In pan



Chemical composition per 100 g edible part

Water	g	71.9
Protein	g	24.3
Lipid	g	1.7
Carbohydrate	g	0

Energy **kcal** 113 **kJ** 473

Cholesterol	mg	70

Minerals and trace elements

Calcium	mg	4.0
Phosphorus	mg	255
Potassium	mg	447
Magnesium	mg	21
Sodium	mg	41
Iron	mg	1.81
Zinc	mg	4.64
Copper	mg	0.04
Manganese	mg	0.05

Vitamins

Thiamin	mg	0.09
Riboflavin	mg	0.18
Niacin	mg	5.05
B6	mg	0.30
Vitamin E	mg	0.26
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.66
Monounsaturated	g	0.57
Polyunsaturated	g	0.27

Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.03
C 14:0	g	0.06
C 15:0	g	0.29
C 16:0	g	0.02
C 17:0	g	0.21
C 18:0	g	0.05
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	N
C 17:1	g	0.06
C 18:1	g	0.35
C 20:1	g	N
C 21:1	g	N
C 22:1	g	0.16
Polyunsaturated		
C 18:2 n6	g	0.18
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.07
C 20:5 n3 EPA	g	0.01

Thick flank

Meatballs



Chemical composition per 100 g edible part

Water	g	71.2
Protein	g	14.0
Lipid	g	6.6
Carbohydrates	g	7.1
Energy	**kcal**	142 **kJ** 594
Cholesterol	mg	75
Dietary Fibre	g	0.94
Minerals and trace elements		
Calcium	mg	11
Phosphorus	mg	297
Potassium	mg	480
Magnesium	mg	30
Sodium	mg	469
Iron	mg	1.19
Zinc	mg	4.52
Copper	mg	0.14
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.09
Niacin	mg	0.44
B6	mg	0.28
Vitamin E	mg	5.58
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.69
Monounsaturated	g	1.91
Polyunsaturated	g	0.24
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.15
C 14:0	g	0.10
C 15:0	g	0.99
C 16:0	g	0.02
C 17:0	g	0.43
C 18:0	g	N
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.08
C 17:1	g	0.02
C 18:1	g	1.77
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.22
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Thick flank

Pizzaiola, "pizza style meat"



Chemical composition per 100 g edible part

Water	g	75.4
Protein	g	18.6
Lipid	g	4.2
Carbohydrate	g	0.4
Energy	**kcal**	114 **kJ** 477
Cholesterol	mg	63
Dietary Fibre	g	0.35
Minerals and trace elements		
Calcium	mg	13
Phosphorus	mg	156
Potassium	mg	506
Magnesium	mg	23
Sodium	mg	220
Iron	mg	1.87
Zinc	mg	2.94
Copper	mg	0.06
Manganese	mg	0.06
Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.16
Niacin	mg	3.22
B6	mg	0.27
Vitamin E	mg	0.57
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.27
Monounsaturated	g	1.76
Polyunsaturated	g	0.84
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.02
C 14:0	g	0.19
C 15:0	g	0.57
C 16:0	g	0.03
C 17:0	g	0.43
C 18:0	g	0.03
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.07
C 17:1	g	0.18
C 18:1	g	1.49
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.65
C 18:3 n3	g	0.05
C 20:2 n6	g	N
C 20:4 n6	g	0.12
C 20:5 n3 EPA	g	0.02

Thick flank

Stew



Chemical composition per 100 g edible part

Water	g	67.3
Protein	g	20.6
Lipid	g	7.8
Carbohydrate	g	2.8
Energy	**kcal**	163 **kJ** 682
Cholesterol	mg	59
Dietary Fibre	g	0.15
Minerals and trace elements		
Calcium	mg	10
Phosphorus	mg	168
Potassium	mg	460
Magnesium	mg	21
Sodium	mg	248
Iron	mg	1.34
Zinc	mg	3.29
Copper	mg	0.04
Manganese	mg	0.04
Vitamins		
Thiamin	mg	0.10
Riboflavin	mg	0.12
Niacin	mg	5.34
B6	mg	0.22
Vitamin E	mg	0.61
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	3.44
Monounsaturated	g	2.66
Polyunsaturated	g	1.00
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.52
C 14:0	g	0.11
C 15:0	g	1.84
C 16:0	g	0.11
C 17:0	g	0.86
C 18:0	g	N
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.14
C 17:1	g	0.06
C 18:1	g	2.43
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.65
C 18:3 n3	g	0.06
C 20:2 n6	g	N
C 20:4 n6	g	0.29
C 20:5 n3 EPA	g	N

Topside

Raw cut



Chemical composition per 100 g edible part

Water	g	75.4
Protein	g	20.7
Lipid	g	1.2
Carbohydrate	g	0
Energy **kcal** 94 **kJ** 393		
Cholesterol	mg	59
Minerals and trace elements		
Calcium	mg	3
Phosphorus	mg	200
Potassium	mg	373
Magnesium	mg	23
Sodium	mg	48
Iron	mg	1.48
Zinc	mg	2.12
Copper	mg	0.04
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.18
Niacin	mg	5.74
B6	mg	0.17
Vitamin E	mg	0.26
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.50
Monounsaturated	g	0.34
Polyunsaturated	g	0.27
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	0.02
C 16:0	g	0.24
C 17:0	g	0.02
C 18:0	g	0.19
C 20:0	g	N
C 21:0	g	0.01
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.02
C 17:1	g	0.03
C 18:1	g	0.27
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.21
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	0.01

Topside

Cutlets at Milanese style



Chemical composition per 100 g edible part

Water	g	62.7
Protein	g	22.1
Lipid	g	9.5
Carbohydrate	g	4.3
Energy	**kcal**	190 **kJ** 795
Cholesterol	mg	78
Dietary Fibre	g	0.8
Minerals and trace elements		
Calcium	mg	10
Phosphorus	mg	189
Potassium	mg	419
Magnesium	mg	23
Sodium	mg	233
Iron	mg	1.64
Zinc	mg	3.09
Copper	mg	0.06
Manganese	mg	0.09
Vitamins		
Thiamin	mg	0.09
Riboflavin	mg	0.13
Niacin	mg	5.24
B6	mg	0.32
Vitamin E	mg	4.79
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.11
Monounsaturated	g	5.06
Polyunsaturated	g	1.72
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.05
C 15:0	g	0.13
C 16:0	g	1.29
C 17:0	g	0.02
C 18:0	g	0.58
C 20:0	g	N
C 21:0	g	0.04
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.09
C 17:1	g	0.08
C 18:1	g	4.73
C 20:1	g	0.02
C 21:1	g	N
C 22:1	g	0.1
Polyunsaturated		
C 18:2 n6	g	1.31
C 18:3 n3	g	0.08
C 20:2 n6	g	0.05
C 20:4 n6	g	0.28
C 20:5 n3 EPA	g	N

Topside

Escalope with white wine



Chemical composition per 100 g edible part

Water	g	68.5
Protein	g	21.8
Lipid	g	5.2
Carbohydrate	g	2.7
Energy	**kcal** 144	**kJ** 602
Cholesterol	mg	77
Dietary Fibre	g	0.1
Minerals and trace elements		
Calcium	mg	7.0
Phosphorus	mg	225
Potassium	mg	431
Magnesium	mg	26
Sodium	mg	450
Iron	mg	1.57
Zinc	mg	3.06
Copper	mg	0.04
Manganese	mg	0.07
Vitamins		
Thiamin	mg	0.06
Riboflavin	mg	0.09
Niacin	mg	4.62
B6	mg	0.28
Vitamin E	mg	0.53
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.49
Monounsaturated	g	2.29
Polyunsaturated	g	1.01
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.02
C 14:0	g	0.12
C 15:0	g	0.05
C 16:0	g	0.81
C 17:0	g	0.04
C 18:0	g	0.39
C 20:0	g	N
C 21:0	g	0.06
Monounsaturated		
C 14:1	g	0.06
C 16:1	g	0.05
C 17:1	g	0.04
C 18:1	g	2.13
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.76
C 18:3 n3	g	0.05
C 20:2 n6	g	0.02
C 20:4 n6	g	0.18
C 20:5 n3 EPA	g	N

Topside

Hamburger



Chemical composition per 100 g edible part

Water	g	71.6
Protein	g	24.1
Lipid	g	2.1
Carbohydrate	g	0

Energy	**kcal**	115
	kJ	481

Cholesterol	mg	64

Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	245
Potassium	mg	382
Magnesium	mg	25
Sodium	mg	362
Iron	mg	2.47
Zinc	mg	6.06
Copper	mg	0.07
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.04
Riboflavin	mg	0.06
Niacin	mg	4.98
B6	mg	0.86
Vitamin E	mg	0.51
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.90
Monounsaturated	g	0.66
Polyunsaturated	g	0.34

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.05
C 15:0	g	0.01
C 16:0	g	0.43
C 17:0	g	0.04
C 18:0	g	0.36
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.04
C 17:1	g	0.05
C 18:1	g	0.55
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.23
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.09
C 20:5 n3 EPA	g	N

Topside

In pan



Chemical composition per 100 g edible part

Water	g	71.8
Protein	g	24.3
Lipid	g	1.3
Carbohydrate	g	0
Energy	**kcal**	109 **kJ** 456
Cholesterol	mg	64
Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	222
Potassium	mg	423
Magnesium	mg	25
Sodium	mg	44
Iron	mg	1.64
Zinc	mg	2.3
Copper	mg	0.04
Manganese	mg	0.05
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.19
Niacin	mg	5.65
B6	mg	0.28
Vitamin E	mg	0.24
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.54
Monounsaturated	g	0.33
Polyunsaturated	g	0.36
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.03
C 15:0	g	0.02
C 16:0	g	0.26
C 17:0	g	0.02
C 18:0	g	0.19
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.02
C 17:1	g	0.02
C 18:1	g	0.27
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.25
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	0.02

Topside

Meatballs



Chemical composition per 100 g edible part

Water	g	63.6
Protein	g	19.4
Lipid	g	8.5
Carbohydrate	g	6.9
Energy	**kcal**	180 **kJ** 753
Cholesterol	mg	85
Dietary Fibre	g	0.9
Minerals and trace elements		
Calcium	mg	86
Phosphorus	mg	239
Potassium	mg	310
Magnesium	mg	24
Sodium	mg	410
Iron	mg	1.63
Zinc	mg	3.68
Copper	mg	0.13
Manganese	mg	0.1
Vitamins		
Thiamin	mg	0.04
Riboflavin	mg	0.15
Niacin	mg	Tr
B6	mg	0.28
Vitamin E	mg	2.32
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.73
Monounsaturated	g	4.32
Polyunsaturated	g	0.59
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.07
C 14:0	g	0.28
C 15:0	g	0.03
C 16:0	g	1.66
C 17:0	g	0.03
C 18:0	g	0.66
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.13
C 17:1	g	0.03
C 18:1	g	4.14
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.51
C 18:3 n3	g	0.04
C 20:2 n6	g	0.04
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Topside

Pizzaiola, "pizza style meat"



Chemical composition per 100 g edible part

Water	g	73.4
Protein	g	19.0
Lipid	g	4.8
Carbohydrate	g	1.3
Energy	**kcal**	124 **kJ** 519
Cholesterol	mg	54
Dietary Fibre	g	0.4
Minerals and trace elements		
Calcium	mg	12
Phosphorus	mg	148
Potassium	mg	437
Magnesium	mg	22
Sodium	mg	223
Iron	mg	1.93
Zinc	mg	3.34
Copper	mg	0.05
Manganese	mg	0.06
Vitamins		
Thiamin	mg	0.09
Riboflavin	mg	0.11
Niacin	mg	5.12
B6	mg	0.24
Vitamin E	mg	0.32
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.35
Monounsaturated	g	2.20
Polyunsaturated	g	0.91
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.05
C 15:0	g	0.11
C 16:0	g	0.70
C 17:0	g	0.04
C 18:0	g	0.37
C 20:0	g	N
C 21:0	g	0.08
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.08
C 17:1	g	0.14
C 18:1	g	1.87
C 20:1	g	0.06
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.57
C 18:3 n3	g	0.04
C 20:2 n6	g	0.02
C 20:4 n6	g	0.27
C 20:5 n3 EPA	g	N

VEAL

Fillet

Raw cut



Chemical composition per 100 g edible part

Water	g	76
Protein	g	19
Lipid	g	2.3
Carbohydrate	g	0

Energy	**kcal**	97
	kJ	406

Cholesterol	mg	75

Minerals and trace elements		
Calcium	mg	6.4
Phosphorus	mg	186
Potassium	mg	408
Magnesium	mg	20
Sodium	mg	51
Iron	mg	0.54
Zinc	mg	1.70
Copper	mg	0.05
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.33
Niacin	mg	7.96
B6	mg	0.32
Vitamin E	mg	0.14
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.82
Monounsaturated	g	0.83
Polyunsaturated	g	0.50

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.01
C 15:0	g	0.03
C 16:0	g	0.41
C 17:0	g	0.05
C 18:0	g	0.28
C 20:0	g	N
C 21:0	g	0.03
Monounsaturated		
C 14:1	g	0.03
C 16:1	g	0.09
C 17:1	g	0.02
C 18:1	g	0.69
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.39
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

Fillet

In pan



Chemical composition per 100 g edible part

Water	g	73
Protein	g	22
Lipid	g	3.1
Carbohydrate	g	0

Energy	**kcal**	116
	kJ	485

Cholesterol	mg	81

Minerals and trace elements		
Calcium	mg	6.3
Phosphorus	mg	226
Potassium	mg	493
Magnesium	mg	25
Sodium	mg	66
Iron	mg	0.70
Zinc	mg	1.90
Copper	mg	0.07
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.14
Riboflavin	mg	1.04
Niacin	mg	8.92
B6	mg	0.33
Vitamin E	mg	0.17
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.84
Monounsaturated	g	0.54
Polyunsaturated	g	0.71

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	0.11
C 16:0	g	0.34
C 17:0	g	0.07
C 18:0	g	0.25
C 20:0	g	N
C 21:0	g	0.04
Monounsaturated		
C 14:1	g	0.03
C 16:1	g	0.06
C 17:1	g	0.05
C 18:1	g	0.40
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.51
C 18:3 n3	g	0.03
C 20:2 n6	g	N
C 20:4 n6	g	0.17
C 20:5 n3 EPA	g	N

Fillet

Roast



Chemical composition per 100 g edible part

Water	g	65
Protein	g	19.1
Lipid	g	14.1
Carbohydrate	g	0

Energy	**kcal**	203
	kJ	849

Cholesterol	mg	100

Minerals and trace elements		
Calcium	mg	12.5
Phosphorus	mg	208
Potassium	mg	496
Magnesium	mg	22
Sodium	mg	219
Iron	mg	0.70
Zinc	mg	2.10
Copper	mg	0.07
Manganese	mg	0.02

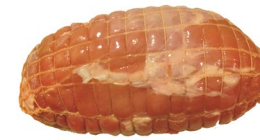
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.46
Niacin	mg	10.76
B6	mg	0.40
Vitamin E	mg	0.33
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	4.10
Monounsaturated	g	5.88
Polyunsaturated	g	2.93

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.26
C 15:0	g	0.05
C 16:0	g	1.96
C 17:0	g	0.16
C 18:0	g	1.27
C 20:0	g	0.31
C 21:0	g	0.09
Monounsaturated		
C 14:1	g	0.12
C 16:1	g	0.26
C 17:1	g	N
C 18:1	g	5.50
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	2.27
C 18:3 n3	g	0.11
C 20:2 n6	g	N
C 20:4 n6	g	0.55
C 20:5 n3 EPA	g	N

Round

Raw cut



Chemical composition per 100 g edible part

Water	g	76
Protein	g	21.6
Lipid	g	0.9
Carbohydrate	g	0

Energy	**kcal**	95
	kJ	397

Cholesterol	mg	72

Minerals and trace elements		
Calcium	mg	5.4
Phosphorus	mg	204
Potassium	mg	352
Magnesium	mg	21
Sodium	mg	42
Iron	mg	0.76
Zinc	mg	2.10
Copper	mg	0.04
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.36
Niacin	mg	9.83
B6	mg	0.31
Vitamin E	mg	0.16
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.31
Monounsaturated	g	0.27
Polyunsaturated	g	0.24

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	0.02
C 16:0	g	0.14
C 17:0	g	0.01
C 18:0	g	0.10
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.04
C 17:1	g	0.01
C 18:1	g	0.21
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.17
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.06
C 20:5 n3 EPA	g	N

Round

Filled rolls



Chemical composition per 100 g edible part

Water	g	54.4
Protein	g	32
Lipid	g	11.8
Carbohydrate	g	0.9

Energy	**kcal**	238 **kJ** 996

Cholesterol	mg	118

Minerals and trace elements		
Calcium	mg	17.9
Phosphorus	mg	387
Potassium	mg	682
Magnesium	mg	35
Sodium	mg	528
Iron	mg	0.72
Zinc	mg	3.20
Copper	mg	0.08
Manganese	mg	0.03

Vitamins		
Thiamin	mg	Tr
Riboflavin	mg	0.55
Niacin	mg	12.1
B6	mg	0.32
Vitamin E	mg	0.21
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	6.08
Monounsaturated	g	3.38
Polyunsaturated	g	1.03

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	1.01
C 15:0	g	0.31
C 16:0	g	3.17
C 17:0	g	0.17
C 18:0	g	1.21
C 20:0	g	0.01
C 21:0	g	0.20
Monounsaturated		
C 14:1	g	0.09
C 16:1	g	0.35
C 17:1	g	N
C 18:1	g	2.94
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.56
C 18:3 n3	g	0.07
C 20:2 n6	g	N
C 20:4 n6	g	0.41
C 20:5 n3 EPA	g	N

Round

In pan



Chemical composition per 100 g edible part

Water	g	70.8
Protein	g	26.3
Lipid	g	1.30
Carbohydrate	g	0
Energy	**kcal**	117 **kJ** 489
Cholesterol	mg	74
Minerals and trace elements		
Calcium	mg	7.5
Phosphorus	mg	235
Potassium	mg	470
Magnesium	mg	25
Sodium	mg	45
Iron	mg	0.52
Zinc	mg	2.30
Copper	mg	0.05
Manganese	mg	0.02
Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.43
Niacin	mg	7.09
B6	mg	0.28
Vitamin E	mg	0.14
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.47
Monounsaturated	g	0.37
Polyunsaturated	g	0.35
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.03
C 15:0	g	0.04
C 16:0	g	0.21
C 17:0	g	0.02
C 18:0	g	0.14
C 20:0	g	N
C 21:0	g	0.03
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.05
C 17:1	g	N
C 18:1	g	0.30
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.24
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.10
C 20:5 n3 EPA	g	N

Sirloin

Raw cut



Chemical composition per 100 g edible part

Water	g	75.7
Protein	g	19.2
Lipid	g	2.3
Carbohydrate	g	0

Energy	**kcal**	98 **kJ** 410

Cholesterol	mg	70

Minerals and trace elements		
Calcium	mg	4.1
Phosphorus	mg	184
Potassium	mg	397
Magnesium	mg	19
Sodium	mg	41
Iron	mg	0.56
Zinc	mg	2.00
Copper	mg	0.03
Manganese	mg	0.01

Vitamins		
Thiamin	mg	Tr
Riboflavin	mg	0.60
Niacin	mg	9.97
B6	mg	0.35
Vitamin E	mg	0.21
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.81
Monounsaturated	g	0.70
Polyunsaturated	g	0.60

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.05
C 15:0	g	0.05
C 16:0	g	0.35
C 17:0	g	0.07
C 18:0	g	0.25
C 20:0	g	N
C 21:0	g	0.04
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.07
C 17:1	g	0.03
C 18:1	g	0.57
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.43
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	0.11

Sirloin

Grilled



Chemical composition per 100 g edible part

Water	g	66.2
Protein	g	28.6
Lipid	g	3.5
Carbohydrate	g	0

Energy	**kcal**	146 **kJ** 611

Cholesterol	mg	99

Minerals and trace elements		
Calcium	mg	8.0
Phosphorus	mg	234
Potassium	mg	481
Magnesium	mg	24
Sodium	mg	50
Iron	mg	0.67
Zinc	mg	2.50
Copper	mg	0.08
Manganese	mg	0.02

Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.24
Niacin	mg	15.5
B6	mg	0.38
Vitamin E	mg	0.47
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.20
Monounsaturated	g	1.19
Polyunsaturated	g	0.85

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.10
C 15:0	g	0.08
C 16:0	g	0.35
C 17:0	g	0.14
C 18:0	g	0.40
C 20:0	g	N
C 21:0	g	0.11
Monounsaturated		
C 14:1	g	0.04
C 16:1	g	0.21
C 17:1	g	0.06
C 18:1	g	0.87
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.62
C 18:3 n3	g	0.16
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

Sirloin

In pan



Chemical composition per 100 g edible part

Water	g	76.0
Protein	g	22.1
Lipid	g	1.80
Carbohydrate	g	0

Energy **kcal** 105 **kJ** 439

Cholesterol	mg	74

Minerals and trace elements		
Calcium	mg	4.6
Phosphorus	mg	195
Potassium	mg	396
Magnesium	mg	21
Sodium	mg	46
Iron	mg	0.54
Zinc	mg	1.80
Copper	mg	0.04
Manganese	mg	0.01

Vitamins		
Thiamin	mg	Tr
Riboflavin	mg	1.04
Niacin	mg	8.29
B6	mg	Tr
Vitamin E	mg	0.14
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.66
Monounsaturated	g	0.54
Polyunsaturated	g	0.48

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.03
C 15:0	g	0.06
C 16:0	g	0.29
C 17:0	g	0.03
C 18:0	g	0.21
C 20:0	g	N
C 21:0	g	0.04
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.04
C 17:1	g	0.03
C 18:1	g	0.45
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.34
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.11
C 20:5 n3 EPA	g	N

Thick flank

Raw cut



Chemical composition per 100 g edible part

Water	g	77.0
Protein	g	20.4
Lipid	g	2.1
Carbohydrate	g	0
Energy	**kcal**	100 **kJ** 418
Cholesterol	mg	66
Minerals and trace elements		
Calcium	mg	4.8
Phosphorus	mg	195
Potassium	mg	396
Magnesium	mg	21
Sodium	mg	57
Iron	mg	0.55
Zinc	mg	3.00
Copper	mg	0.06
Manganese	mg	0.02
Vitamins		
Thiamin	mg	0.06
Riboflavin	mg	0.45
Niacin	mg	4.53
B6	mg	0.38
Vitamin E	mg	0.22
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	0.73
Monounsaturated	g	0.68
Polyunsaturated	g	0.51
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	0.03
C 16:0	g	0.36
C 17:0	g	0.03
C 18:0	g	0.24
C 20:0	g	N
C 21:0	g	0.03
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.06
C 17:1	g	0.03
C 18:1	g	0.57
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.37
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.11
C 20:5 n3 EPA	g	N

Thick flank

In pan



Chemical composition per 100 g edible part

Water	g	74.8
Protein	g	22.0
Lipid	g	1.5
Carbohydrate	g	0

Energy	**kcal**	102
	kJ	425

Cholesterol	mg	73

Minerals and trace elements		
Calcium	mg	4.5
Phosphorus	mg	200
Potassium	mg	421
Magnesium	mg	21
Sodium	mg	65
Iron	mg	0.74
Zinc	mg	2.20
Copper	mg	0.05
Manganese	mg	0.02

Vitamins		
Thiamin	mg	0.11
Riboflavin	mg	0.58
Niacin	mg	7.53
B6	mg	0.40
Vitamin E	mg	0.18
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.61
Monounsaturated	g	0.47
Polyunsaturated	g	0.54

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.04
C 15:0	g	0.05
C 16:0	g	0.24
C 17:0	g	0.05
C 18:0	g	0.18
C 20:0	g	N
C 21:0	g	0.05
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.06
C 17:1	g	0.03
C 18:1	g	0.36
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.36
C 18:3 n3	g	0.02
C 20:2 n6	g	N
C 20:4 n6	g	0.14
C 20:5 n3 EPA	g	0.02

Thick flank

Stew



Chemical composition per 100 g edible part

Water	g	59.6
Protein	g	26.3
Lipid	g	9.5
Carbohydrate	g	2.6
Energy	**kcal**	201 **kJ** 841
Cholesterol	mg	85
Dietary Fibre	g	0.3
Minerals and trace elements		
Calcium	mg	7.7
Phosphorus	mg	229
Potassium	mg	554
Magnesium	mg	25
Sodium	mg	273
Iron	mg	0.70
Zinc	mg	3.10
Copper	mg	0.06
Manganese	mg	0.04
Vitamins		
Thiamin	mg	0.14
Riboflavin	mg	0.56
Niacin	mg	5.54
B6	mg	0.32
Vitamin E	mg	0.4
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.18
Monounsaturated	g	5.06
Polyunsaturated	g	1.64
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.07
C 15:0	g	0.12
C 16:0	g	1.34
C 17:0	g	0.10
C 18:0	g	0.47
C 20:0	g	0.03
C 21:0	g	0.05
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.11
C 17:1	g	N
C 18:1	g	4.93
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.04
C 18:3 n3	g	0.06
C 20:2 n6	g	N
C 20:4 n6	g	0.53
C 20:5 n3 EPA	g	N

Thick flank

Vitel tonnè



Chemical composition per 100 g edible part

Water	g	58.3
Protein	g	25.2
Lipid	g	15.2
Carbohydrate	g	0

Energy	**kcal**	239
	kJ	1000

Cholesterol	mg	129

Minerals and trace elements		
Calcium	mg	7.0
Phosphorus	mg	169
Potassium	mg	318
Magnesium	mg	18
Sodium	mg	274
Iron	mg	0.72
Zinc	mg	2.90
Copper	mg	0.06
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.04
Riboflavin	mg	0.30
Niacin	mg	7.14
B6	mg	0.48
Vitamin E	mg	1.95
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	3.05
Monounsaturated	g	8.85
Polyunsaturated	g	1.92

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.12
C 15:0	g	N
C 16:0	g	2.03
C 17:0	g	0.15
C 18:0	g	0.68
C 20:0	g	0.04
C 21:0	g	0.03
Monounsaturated		
C 14:1	g	0.02
C 16:1	g	0.23
C 17:1	g	0.04
C 18:1	g	8.56
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.59
C 18:3 n3	g	0.11
C 20:2 n6	g	N
C 20:4 n6	g	0.22
C 20:5 n3 EPA	g	N

Topside

Raw cut



Chemical composition per 100 g edible part

Water	g	77.3
Protein	g	20.7
Lipid	g	1.5
Carbohydrate	g	0
Energy **kcal** 96 **kJ** 402		
Cholesterol	mg	60
Minerals and trace elements		
Calcium	mg	4.0
Phosphorus	mg	199
Potassium	mg	394
Magnesium	mg	21
Sodium	mg	37
Iron	mg	0.45
Zinc	mg	1.30
Copper	mg	0.04
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.07
Riboflavin	mg	0.65
Niacin	mg	6.31
B6	mg	0.42
Vitamin E	mg	0.15
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.52
Monounsaturated	g	0.45
Polyunsaturated	g	0.40
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.03
C 15:0	g	0.04
C 16:0	g	0.24
C 17:0	g	0.01
C 18:0	g	0.17
C 20:0	g	N
C 21:0	g	0.03
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.04
C 17:1	g	0.02
C 18:1	g	0.37
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.28
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.11
C 20:5 n3 EPA	g	N

Topside

Escalope with Marsala wine



Chemical composition per 100 g edible part

Water	g	66.7
Protein	g	19.8
Lipid	g	6.6
Carbohydrate	g	5.6
Energy	**kcal**	160 **kJ** 669
Cholesterol	mg	76
Dietary Fibre	g	0.1
Minerals and trace elements		
Calcium	mg	5.9
Phosphorus	mg	197
Potassium	mg	424
Magnesium	mg	21
Sodium	mg	108
Iron	mg	0.44
Zinc	mg	1.20
Copper	mg	0.05
Manganese	mg	0.04
Vitamins		
Thiamin	mg	0.02
Riboflavin	mg	0.40
Niacin	mg	6.71
B6	mg	0.44
Vitamin E	mg	0.28
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.16
Monounsaturated	g	4.10
Polyunsaturated	g	0.75
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.03
C 15:0	g	0.01
C 16:0	g	0.82
C 17:0	g	0.02
C 18:0	g	0.24
C 20:0	g	0.02
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.03
C 16:1	g	0.08
C 17:1	g	N
C 18:1	g	3.99
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.62
C 18:3 n3	g	0.04
C 20:2 n6	g	N
C 20:4 n6	g	0.10
C 20:5 n3 EPA	g	N

Topside

In pan



Chemical composition per 100 g edible part

Water	g	75.2
Protein	g	22.7
Lipid	g	1.0
Carbohydrate	g	0

Energy **kcal** 100 **kJ** 418

Cholesterol	mg	65

Minerals and trace elements		
Calcium	mg	3.8
Phosphorus	mg	199
Potassium	mg	418
Magnesium	mg	21
Sodium	mg	35
Iron	mg	0.48
Zinc	mg	1.40
Copper	mg	0.03
Manganese	mg	0.01

Vitamins		
Thiamin	mg	Tr
Riboflavin	mg	0.26
Niacin	mg	8.11
B6	mg	0.44
Vitamin E	mg	0.22
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	0.35
Monounsaturated	g	0.28
Polyunsaturated	g	0.29

Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	0.03
C 16:0	g	0.15
C 17:0	g	0.01
C 18:0	g	0.12
C 20:0	g	N
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.01
C 16:1	g	0.02
C 17:1	g	0.01
C 18:1	g	0.23
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.20
C 18:3 n3	g	0.01
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

Topside

Saltimbocca alla Romana



Chemical composition per 100 g edible part

Water	g	64
Protein	g	23.6
Lipid	g	6
Carbohydrate	g	4.2
Energy	**kcal**	148 **kJ** 619
Cholesterol	mg	80
Dietary Fibre	g	0.1
Minerals and trace elements		
Calcium	mg	7.9
Phosphorus	mg	200
Potassium	mg	525
Magnesium	mg	22
Sodium	mg	467
Iron	mg	0.69
Zinc	mg	1.80
Copper	mg	0.04
Manganese	mg	0.05
Vitamins		
Thiamin	mg	0.29
Riboflavin	mg	0.33
Niacin	mg	11.28
B6	mg	0.48
Vitamin E	mg	0.12
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.67
Monounsaturated	g	1.93
Polyunsaturated	g	0.76
Saturated		
C 4:0- C 10:0	g	N
C 12:0	g	N
C 14:0	g	0.40
C 15:0	g	0.07
C 16:0	g	1.47
C 17:0	g	0.05
C 18:0	g	0.64
C 20:0	g	0.02
C 21:0	g	0.02
Monounsaturated		
C 14:1	g	0.03
C 16:1	g	0.18
C 17:1	g	N
C 18:1	g	1.72
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.57
C 18:3 n3	g	0.05
C 20:2 n6	g	N
C 20:4 n6	g	0.14
C 20:5 n3 EPA	g	N

PORK

Fillet

Raw cut



Chemical composition per 100 g edible part

Water	g	73.0
Protein	g	18.6
Lipid	g	3.6
Carbohydrate	g	0
Energy **kcal** 107 **kJ** 448		
Cholesterol	mg	54
Minerals and trace elements		
Calcium	mg	5.8
Phosphorus	mg	176
Potassium	mg	320
Magnesium	mg	19.3
Sodium	mg	27.3
Iron	mg	0.90
Zinc	mg	1.60
Copper	mg	0.06
Manganese	mg	0.01
Vitamins		
Thiamin	mg	1.57
Riboflavin	mg	0.18
Niacin	mg	2.61
B6	mg	0.46
Vitamin E	mg	0.10
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	1.00
Monounsaturated	g	1.17
Polyunsaturated	g	1.12
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	N
C 16:0	g	N
C 17:0	g	0.66
C 18:0	g	0.31
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.01
C 17:1	g	0.07
C 18:1	g	1.06
C 20:1	g	0.04
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.86
C 18:3 n3	g	0.02
C 20:2 n6	g	0.03
C 20:4 n6	g	0.21
C 20:5 n3 EPA	g	N

Fillet

Roast with bacon



Chemical composition per 100 g edible part

Water	g	60.0
Protein	g	26.0
Lipid	g	12.0
Carbohydrate	g	0

Energy	**kcal**	212
	kJ	887

Cholesterol	mg	67

Minerals and trace elements		
Calcium	mg	10.7
Phosphorus	mg	256
Potassium	mg	513
Magnesium	mg	28.4
Sodium	mg	244
Iron	mg	1.23
Zinc	mg	2.39
Copper	mg	0.07
Manganese	mg	0.03

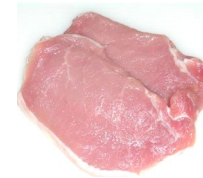
Vitamins		
Thiamin	mg	0.80
Riboflavin	mg	0.18
Niacin	mg	4.62
B6	mg	0.47
Vitamin E	mg	0.22
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.61
Monounsaturated	g	6.74
Polyunsaturated	g	1.64

Saturated		
C4:0-C10:0	g	0.02
C 12:0	g	0.01
C 14:0	g	0.07
C 15:0	g	N
C 16:0	g	2.00
C 17:0	g	0.02
C 18:0	g	0.49
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.19
C 17:1	g	0.03
C 18:1	g	6.45
C 20:1	g	0.07
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.33
C 18:3 n3	g	0.08
C 20:2 n6	g	0.03
C 20:4 n6	g	0.19
C 20:5 n3 EPA	g	N

Loin

Raw cut



Chemical composition per 100 g edible part

Water	g	71.0
Protein	g	22.2
Lipid	g	5.20
Carbohydrate	g	0

Energy	**kcal**	136 **kJ** 569

Cholesterol	mg	66

Minerals and trace elements		
Calcium	mg	8.2
Phosphorus	mg	210
Potassium	mg	412
Magnesium	mg	25
Sodium	mg	35
Iron	mg	0.58
Zinc	mg	1.59
Copper	mg	0.03
Manganese	mg	0.004

Vitamins		
Thiamin	mg	0.94
Riboflavin	mg	0.07
Niacin	mg	5.65
B6	mg	0.28
Vitamin E	mg	Tr
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	1.55
Monounsaturated	g	2.46
Polyunsaturated	g	0.75

Saturated		
C4:0-C10:0	g	0.01
C 12:0	g	0.01
C 14:0	g	0.08
C 15:0	g	N
C 16:0	g	1.12
C 17:0	g	0.01
C 18:0	g	0.31
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.15
C 17:1	g	0.02
C 18:1	g	2.25
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.63
C 18:3 n3	g	0.03
C 20:2 n6	g	0.03
C 20:4 n6	g	0.06
C 20:5 n3 EPA	g	N

Loin

Roast with milk



Chemical composition per 100 g edible part

Water	g	59.8
Protein	g	28.5
Lipid	g	8.5
Carbohydrate	g	9.2
Energy **kcal** 191 **kJ** 799		
Cholesterol	mg	115
Minerals and trace elements		
Calcium	mg	47.4
Phosphorus	mg	290
Potassium	mg	592
Magnesium	mg	32.4
Sodium	mg	186
Iron	mg	0.56
Zinc	mg	1.77
Copper	mg	0.03
Manganese	mg	0.007
Vitamins		
Thiamin	mg	1.17
Riboflavin	mg	0.14
Niacin	mg	6.57
B6	mg	0.37
Vitamin E	mg	0.11
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	3.67
Monounsaturated	g	3.14
Polyunsaturated	g	0.97
Saturated		
C4:0-C10:0	g	0.18
C 12:0	g	0.15
C 14:0	g	0.52
C 15:0	g	N
C 16:0	g	2.21
C 17:0	g	0.03
C 18:0	g	0.57
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.19
C 17:1	g	0.03
C 18:1	g	2.87
C 20:1	g	0.05
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.77
C 18:3 n3	g	0.05
C 20:2 n6	g	0.02
C 20:4 n6	g	0.13
C 20:5 n3 EPA	g	N

Sirloin

Raw cut



Chemical composition per 100 g edible part

Water	g	69.3
Protein	g	22.6
Lipid	g	8.8
Carbohydrate	g	0
Energy	**kcal**	170 **kJ** 711
Cholesterol	mg	69
Minerals and trace elements		
Calcium	mg	4.7
Phosphorus	mg	240
Potassium	mg	275
Magnesium	mg	28.2
Sodium	mg	39.0
Iron	mg	0.50
Zinc	mg	1.50
Copper	mg	0.03
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.94
Riboflavin	mg	0.10
Niacin	mg	2.21
B6	mg	0.36
Vitamin E	mg	0.08
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.67
Monounsaturated	g	4.15
Polyunsaturated	g	1.24
Saturated		
C4:0-C10:0	g	0.02
C 12:0	g	0.01
C 14:0	g	0.13
C 15:0	g	N
C 16:0	g	1.90
C 17:0	g	0.02
C 18:0	g	0.59
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.23
C 17:1	g	0.03
C 18:1	g	3.82
C 20:1	g	0.07
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.05
C 18:3 n3	g	0.05
C 20:2 n6	g	0.04
C 20:4 n6	g	0.09
C 20:5 n3 EPA	g	N

Sirloin

In pan



Chemical composition per 100 g edible part

Water	g	59.4
Protein	g	31.3
Lipid	g	9.5
Carbohydrate	g	0

Energy	**kcal**	211 **kJ** 883

Cholesterol	mg	85

Minerals and trace elements		
Calcium	mg	6.2
Phosphorus	mg	352
Potassium	mg	643
Magnesium	mg	39.6
Sodium	mg	57.0
Iron	mg	0.84
Zinc	mg	2.99
Copper	mg	0.05
Manganese	mg	0.01

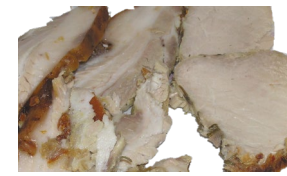
Vitamins		
Thiamin	mg	1.01
Riboflavin	mg	0.08
Niacin	mg	4.86
B6	mg	0.43
Vitamin E	mg	0.15
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.78
Monounsaturated	g	4.58
Polyunsaturated	g	1.35

Saturated		
C4:0-C10:0	g	0.02
C 12:0	g	0.01
C 14:0	g	0.13
C 15:0	g	N
C 16:0	g	1.97
C 17:0	g	0.01
C 18:0	g	0.63
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.29
C 17:1	g	0.03
C 18:1	g	4.19
C 20:1	g	0.08
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.10
C 18:3 n3	g	0.05
C 20:2 n6	g	0.04
C 20:4 n6	g	0.16
C 20:5 n3 EPA	g	N

Whole

Porchetta alla Romana



Chemical composition per 100 g edible part

Water	g	45.0
Protein	g	26.8
Lipid	g	33.9
Carbohydrate	g	0

Energy	**kcal**	412
	kJ	1724

Cholesterol	mg	78

Minerals and trace elements		
Calcium	mg	5.88
Phosphorus	mg	163
Potassium	mg	348
Magnesium	mg	16.5
Sodium	mg	430
Iron	mg	0.69
Zinc	mg	2.2
Copper	mg	0.06
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.74
Riboflavin	mg	0.14
Niacin	mg	5.29
B6	mg	0.54
Vitamin E	mg	0.10
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	11.6
Monounsaturated	g	14.9
Polyunsaturated	g	5.74

Saturated		
C4:0-C10:0	g	0.04
C 12:0	g	0.03
C 14:0	g	0.44
C 15:0	g	N
C 16:0	g	7.17
C 17:0	g	0.12
C 18:0	g	3.85
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.83
C 17:1	g	0.12
C 18:1	g	13.69
C 20:1	g	0.25
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	5.02
C 18:3 n3	g	0.23
C 20:2 n6	g	0.21
C 20:4 n6	g	0.28
C 20:5 n3 EPA	g	N

LAMB

Whole

Raw



Chemical composition per 100 g edible part

Water	g	64.2
Protein	g	18.3
Lipid	g	16.3
Carbohydrate	g	0

Energy	**kcal**	220 **kJ** 920

Cholesterol	mg	62

Minerals and trace elements		
Calcium	mg	8.85
Phosphorus	mg	198
Potassium	mg	336
Magnesium	mg	20
Sodium	mg	86,4
Iron	mg	0.85
Zinc	mg	2.76
Copper	mg	0.15
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.17
Riboflavin	mg	0.20
Niacin	mg	4.61
B6	mg	0.30
Vitamin E	mg	Tr
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	7.90
Monounsaturated	g	6.19
Polyunsaturated	g	0.82

Saturated		
C4:0-C10:0	g	0.11
C 12:0	g	0.14
C 14:0	g	1.45
C 15:0	g	N
C 16:0	g	4.52
C 17:0	g	N
C 18:0	g	1.68
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.43
C 17:1	g	N
C 18:1	g	5.76
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.60
C 18:3 n3	g	0.22
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

Whole

Roast



Chemical composition per 100 g edible part

Water	g	52.6
Protein	g	22.7
Lipid	g	21.07
Carbohydrate	g	0

Energy	**kcal**	280
	kJ	1171

Cholesterol	mg	268

Dietary Fibre		

Minerals and trace elements		
Calcium	mg	19.5
Phosphorus	mg	239
Potassium	mg	410
Magnesium	mg	23.4
Sodium	mg	213
Iron	mg	1.17
Zinc	mg	3.22
Copper	mg	0.16
Manganese	mg	0.02

Vitamins		
Thiamin	mg	0.16
Riboflavin	mg	0.21
Niacin	mg	6.23
B6	mg	0.21
Vitamin E	mg	0.08
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	10.16
Monounsaturated	g	8.03
Polyunsaturated	g	1.09

Saturated		
C4:0-C10:0	g	0.13
C 12:0	g	0.18
C 14:0	g	1.74
C 15:0	g	N
C 16:0	g	5.71
C 17:0	g	0.23
C 18:0	g	2.17
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.58
C 17:1	g	N
C 18:1	g	7.45
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.82
C 18:3 n3	g	0.27
C 20:2 n6	g	N
C 20:4 n6	g	N
C 20:5 n3 EPA	g	N

CHICKEN

Breast

Raw cut



Chemical composition per 100 g edible part

Water	g	75.34
Protein	g	22.16
Lipid	g	1.96
Carbohydrate	g	0

Energy	**kcal**	106 **kJ** 443

Cholesterol	mg	64

Minerals and trace elements		
Calcium	mg	5.47
Phosphorus	mg	205
Potassium	mg	337
Magnesium	mg	100
Sodium	mg	48.4
Iron	mg	0.35
Zinc	mg	0.56
Copper	mg	0.01
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.12
Riboflavin	mg	0.07
Niacin	mg	6.50
B6	mg	0.05
Vitamin E	mg	0.42
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	0.50
Monounsaturated	g	0.55
Polyunsaturated	g	0.73

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.82
C 15:0	g	N
C 16:0	g	36.99
C 17:0	g	N
C 18:0	g	12.66
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	4.90
C 17:1	g	N
C 18:1	g	50.42
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	34.94
C 18:3 n3	g	5.78
C 20:2 n6	g	N
C 20:4 n6	g	7.54
C 20:5 n3 EPA	g	N

Breast

Cutlets



Chemical composition per 100 g edible part

Water	g	46.0
Protein	g	25.4
Lipid	g	15.7
Carbohydrate	g	9.4
Energy **kcal** 278 **kJ** 1163		
Cholesterol	mg	169
Dietary Fibre	g	1.8
Minerals and trace elements		
Calcium	mg	16.3
Phosphorus	mg	262
Potassium	mg	428
Magnesium	mg	129
Sodium	mg	238
Iron	mg	0.82
Zinc	mg	0.94
Copper	mg	0.02
Manganese	mg	0.10
Vitamins		
Thiamin	mg	0.17
Riboflavin	mg	0.17
Niacin	mg	5.55
B6	mg	0.22
Vitamin E	mg	2.6
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.33
Monounsaturated	g	10.08
Polyunsaturated	g	1.97
Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.015
C 15:0	g	N
C 16:0	g	1.85
C 17:0	g	N
C 18:0	g	0.46
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.21
C 17:1	g	N
C 18:1	g	9.87
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.77
C 18:3 n3	g	0.16
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	N

Breast

In pan



Chemical composition per 100 g edible part

Water	g	60.0
Protein	g	34.3
Lipid	g	4.0
Carbohydrates	g	0

Energy	**kcal**	173 **kJ** 724
Cholesterol	mg	123

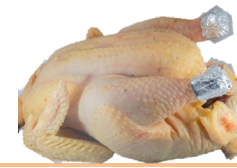
Minerals and trace elements		
Calcium	mg	5.85
Phosphorus	mg	308
Potassium	mg	498
Magnesium	mg	146
Sodium	mg	66
Iron	mg	0.48
Zinc	mg	0.89
Copper	mg	0.02
Manganese	mg	0.01
Vitamins		
Thiamin	mg	0.15
Riboflavin	mg	0.23
Niacin	mg	11.4
B6	mg	0.36
Vitamin E	mg	0.97
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	0.97
Monounsaturated	g	1.20
Polyunsaturated	g	1.48

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	N
C 16:0	g	0.71
C 17:0	g	N
C 18:0	g	0.24
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.12
C 17:1	g	N
C 18:1	g	1.08
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.28
C 18:3 n3	g	0.08
C 20:2 n6	g	N
C 20:4 n6	g	0.12
C 20:5 n3 EPA	g	N

Whole with skin

Raw



Chemical composition per 100 g edible part

Water	g	72.5
Protein	g	20.7
Lipid	g	8.03
Carbohydrate	g	0

Energy	**kcal**	155 **kJ** 640

Cholesterol	mg	95

Minerals and trace elements		
Calcium	mg	18.7
Phosphorus	mg	146
Potassium	mg	275
Magnesium	mg	21.0
Sodium	mg	69
Iron	mg	0.51
Zinc	mg	0.92
Copper	mg	0.06
Manganese	mg	0.02

Vitamins		
Thiamin	mg	1.13
Riboflavin	mg	0.07
Niacin	mg	4.34
B6	mg	0.36
Vitamin E	mg	0.11
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	1.70
Monounsaturated	g	1.87
Polyunsaturated	g	3.78

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.05
C 15:0	g	N
C 16:0	g	1.19
C 17:0	g	N
C 18:0	g	0.46
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.11
C 17:1	g	N
C 18:1	g	1.76
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	3.27
C 18:3 n3	g	0.37
C 20:2 n6	g	N
C 20:4 n6	g	0.14
C 20:5 n3 EPA	g	N

Whole with skin

Grilled



Chemical composition per 100 g edible part

Water	g	58.5
Protein	g	26.6
Lipid	g	13.7
Carbohydrate	g	0
Energy **kcal** 130 **kJ** 544		
Cholesterol	mg	123
Minerals and trace elements		
Calcium	mg	14.3
Phosphorus	mg	175
Potassium	mg	313
Magnesium	mg	28
Sodium	mg	96
Iron	mg	0.69
Zinc	mg	1.22
Copper	mg	0.07
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.15
Riboflavin	mg	0.11
Niacin	mg	5.98
B6	mg	0.04
Vitamin E	mg	0.95
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	3.22
Monounsaturated	g	4.07
Polyunsaturated	g	5.24
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.11
C 14:0	g	0.12
C 15:0	g	N
C 16:0	g	2.34
C 17:0	g	N
C 18:0	g	0.65
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.38
C 17:1	g	N
C 18:1	g	3.69
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	4.61
C 18:3 n3	g	0.49
C 20:2 n6	g	N
C 20:4 n6	g	0.14
C 20:5 n3 EPA	g	N

Whole without skin

Raw



Chemical composition per 100 g edible part

Water	g	74.8
Protein	g	21.1
Lipid	g	3.88
Carbohydrate	g	0

Energy	**kcal**	119 **kJ** 499

Cholesterol	mg	82.9

Minerals and trace elements		
Calcium	mg	7.69
Phosphorus	mg	166
Potassium	mg	317
Magnesium	mg	26
Sodium	mg	69
Iron	mg	0.48
Zinc	mg	0.99
Copper	mg	0.06
Manganese	mg	0.02

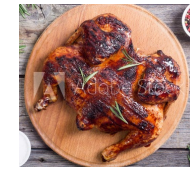
Vitamins		
Thiamin	mg	0.13
Riboflavin	mg	0.09
Niacin	mg	5.37
B6	mg	0.52
Vitamin E	mg	0.17
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	0.85
Monounsaturated	g	0.97
Polyunsaturated	g	1.72

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.02
C 15:0	g	N
C 16:0	g	0.61
C 17:0	g	N
C 18:0	g	0.22
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.086
C 17:1	g	N
C 18:1	g	0.87
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.46
C 18:3 n3	g	0.15
C 20:2 n6	g	N
C 20:4 n6	g	0.11
C 20:5 n3 EPA	g	N

Whole without skin

Grilled



Chemical composition per 100 g edible part

Water	g	63.0
Protein	g	28.8
Lipid	g	8.57
Carbohydrate	g	0
Energy	**kcal** 192	**kJ** 805
Cholesterol	mg	179
Minerals and trace elements		
Calcium	mg	22.2
Phosphorus	mg	187
Potassium	mg	323
Magnesium	mg	26
Sodium	mg	83
Iron	mg	0.65
Zinc	mg	126
Copper	mg	0.06
Manganese	mg	0.03
Vitamins		
Thiamin	mg	0.13
Riboflavin	mg	0.13
Niacin	mg	4.25
B6	mg	0.40
Vitamin E	mg	0.92
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.03
Monounsaturated	g	2.51
Polyunsaturated	g	3.30
Saturated		
C4:0-C10:0	g	N
C 12:0	g	0.078
C 14:0	g	0.077
C 15:0	g	N
C 16:0	g	1.46
C 17:0	g	N
C 18:0	g	0.42
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.29
C 17:1	g	N
C 18:1	g	2.22
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	2.82
C 18:3 n3	g	0.30
C 20:2 n6	g	N
C 20:4 n6	g	0.17
C 20:5 n3 EPA	g	N

TURKEY

Breast

Raw cut



Chemical composition per 100 g edible part

Water	g	74.0
Protein	g	24.6
Lipid	g	1.70
Carbohydrate	g	0

Energy	**kcal** 114	**kJ** 476

Cholesterol	mg	51

Minerals and trace elements		
Calcium	mg	3.19
Phosphorus	mg	212
Potassium	mg	351
Magnesium	mg	101
Sodium	mg	52.4
Iron	mg	0.31
Zinc	mg	0.83
Copper	mg	0.03
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.27
Niacin	mg	7.79
B6	mg	0.49
Vitamin E	mg	0.09
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.32
Monounsaturated	g	1.56
Polyunsaturated	g	2.20

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.016
C 15:0	g	N
C 16:0	g	0.33
C 17:0	g	N
C 18:0	g	0.15
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.045
C 17:1	g	N
C 18:1	g	0.48
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	0.42
C 18:3 n3	g	0.03
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

Breast

Escalope with lemon juice



Chemical composition per 100 g edible part

Water	g	55.5
Protein	g	30.0
Lipid	g	11.0
Carbohydrate	g	0

Energy	**kcal**	219
	kJ	916

Cholesterol	mg	60

Minerals and trace elements		
Calcium	mg	6.08
Phosphorus	mg	285
Potassium	mg	522
Magnesium	mg	139
Sodium	mg	370
Iron	mg	0.51
Zinc	mg	1.15
Copper	mg	0.05
Manganese	mg	0.03

Vitamins		
Thiamin	mg	0.15
Riboflavin	mg	0.21
Niacin	mg	9.97
B6	mg	0.32
Vitamin E	mg	1.22
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	1.91
Monounsaturated	g	6.83
Polyunsaturated	g	1.36

Saturated		
C4:0-C10:0	g	N
C 12:0	g	N
C 14:0	g	0.015
C 15:0	g	N
C 16:0	g	1.60
C 17:0	g	N
C 18:0	g	0.33
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.16
C 17:1	g	N
C 18:1	g	6.83
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.23
C 18:3 n3	g	0.08
C 20:2 n6	g	N
C 20:4 n6	g	0.08
C 20:5 n3 EPA	g	N

RABBIT

Whole

Raw



Chemical composition per 100 g edible part

Water	g	72.6
Protein	g	20.54
Lipid	g	6.65
Carbohydrate	g	0

Energy	**kcal**	142 **kJ** 594

Cholesterol	mg	59.8

Minerals and trace elements		
Calcium	mg	16.2
Phosphorus	mg	208
Potassium	mg	363
Magnesium	mg	89.4
Sodium	mg	67.7
Iron	mg	0.44
Zinc	mg	1.26
Copper	mg	0.02
Manganese	mg	0.01

Vitamins		
Thiamin	mg	0.08
Riboflavin	mg	0.07
Niacin	mg	10.0
B6	mg	0.06
Vitamin E	mg	0.38
τ–retinol	µg	Tr

Fatty acids		
Saturated	g	2.33
Monounsaturated	g	1.56
Polyunsaturated	g	2.20

Saturated		
C4:0-C10:0	g	0.039
C 12:0	g	0.027
C 14:0	g	0.16
C 15:0	g	N
C 16:0	g	1.66
C 17:0	g	0.04
C 18:0	g	0.41
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.14
C 17:1	g	N
C 18:1	g	1.42
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.90
C 18:3 n3	g	0.21
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	N

Whole

Rabbit at hunter style



Chemical composition per 100 g edible part

Water	g	54.5
Protein	g	31.3
Lipid	g	13.8
Carbohydrate	g	0

Energy	**kcal** 249	**kJ** 1044

Cholesterol	mg	60.5

Minerals and trace elements		
Calcium	mg	17.2
Phosphorus	mg	283
Potassium	mg	546
Magnesium	mg	116
Sodium	mg	232
Iron	mg	0.67
Zinc	mg	1.85
Copper	mg	0.03
Manganese	mg	0.03

Vitamins		
Thiamin	mg	0.13
Riboflavin	mg	0.12
Niacin	mg	4.80
B6	mg	0.50
Vitamin E	mg	0.84
τ–retinol	μg	Tr

Fatty acids		
Saturated	g	2.33
Monounsaturated	g	1.56
Polyunsaturated	g	2.20

Saturated		
C4:0-C10:0	g	0.039
C 12:0	g	0.027
C 14:0	g	0.16
C 15:0	g	N
C 16:0	g	1.66
C 17:0	g	0.04
C 18:0	g	0.41
C 20:0	g	N
C 21:0	g	N
Monounsaturated		
C 14:1	g	N
C 16:1	g	0.14
C 17:1	g	N
C 18:1	g	1.42
C 20:1	g	N
C 21:1	g	N
C 22:1	g	N
Polyunsaturated		
C 18:2 n6	g	1.90
C 18:3 n3	g	0.21
C 20:2 n6	g	N
C 20:4 n6	g	0.04
C 20:5 n3 EPA	g	N

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The book provides an in-depht documentation of the compositional figure and the nutritive value of both the raw meat present on the Italian market and the most common food preparations typical of the Italian gastronomic tradition.

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