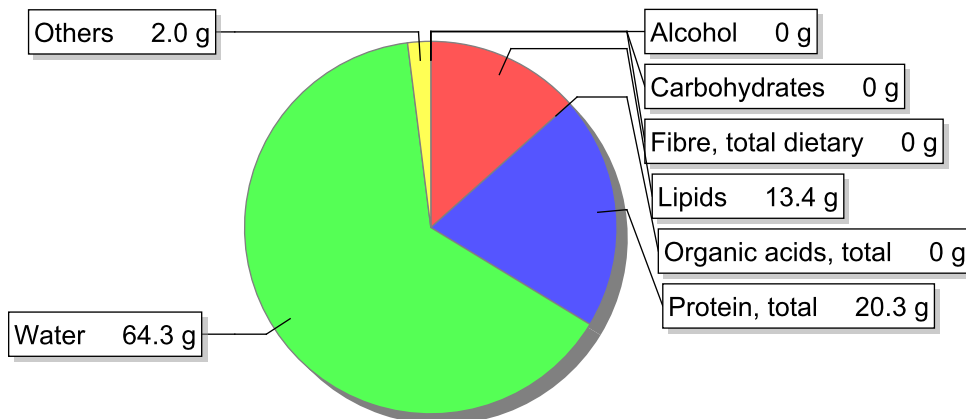


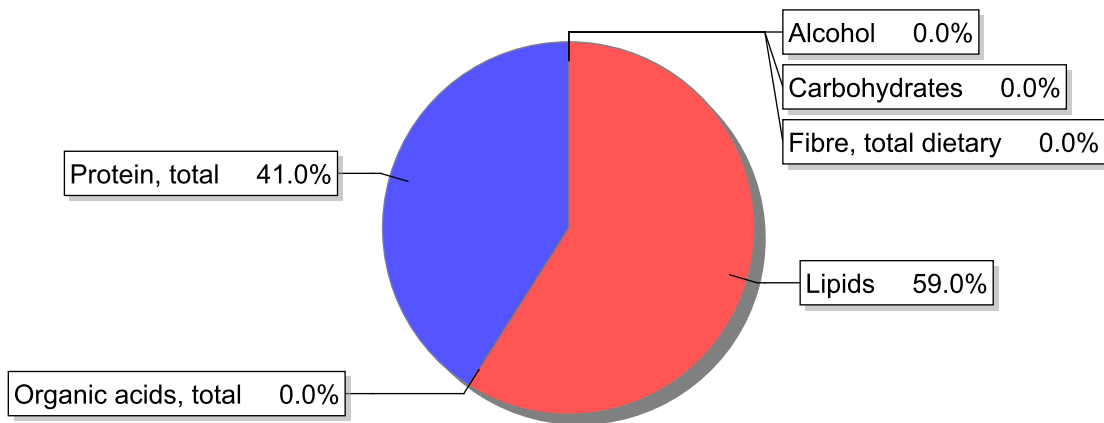
Food

Name: Chub mackerel, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 53%
Code: IS820
FoodEX2 Code: A02CX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	202	kcal	
energy kJ, total metabolisable	841	kJ	
fatty acids, total saturated	3.6	g	77
fatty acids, total monounsaturated	3.7	g	77
fatty acids, total polyunsaturated	4.7	g	77
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
starch, total	0	g	
protein, total	20.3	g	77
alcohol	0	g	
water	64.3	g	77
organic acids, total	0	g	
cholesterol	45	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	28	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.4	µg	77
alpha-tocopherol	1.3	mg	77
thiamin	0.13	mg	77
riboflavin	0.23	mg	77
niacin, preformed	9	mg	77
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	3.8	mg	77
vitamin B-6, total	1	mg	77
vitamin B-12	14	µg	77
vitamin C	0	mg	
folate, total	14	µg	77
ash	1.40	g	77
sodium	78	mg	77
potassium	360	mg	77
calcium	39	mg	77
phosphorus	280	mg	77
magnesium	37	mg	77
iron, total	1.1	mg	77
zinc	2.2	mg	77

Legend

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

References

Id	Reference
77	Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártolo, H; Faria, MR; Fonseca, MC; Gonçalves, J; Batista, I; Nunes, ML. (2005) Composição e valor nutricional dos produtos da pesca mais consumidos em Portugal. INIAP/IPIMAR, INSA, FCT.