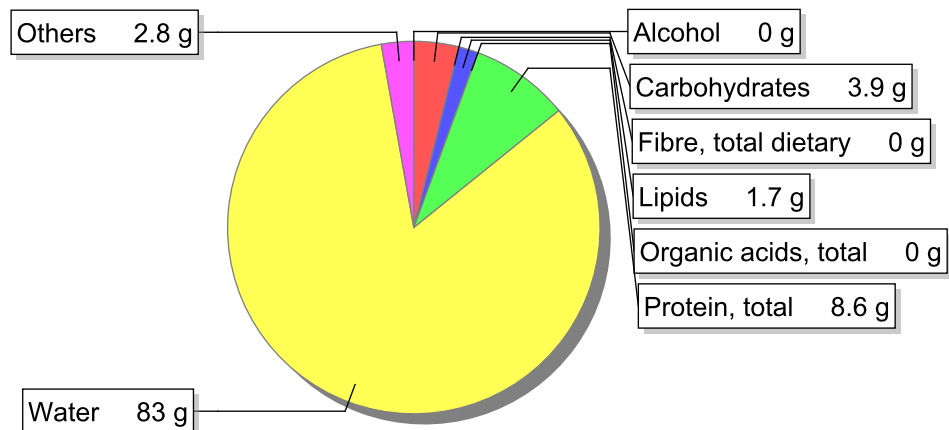


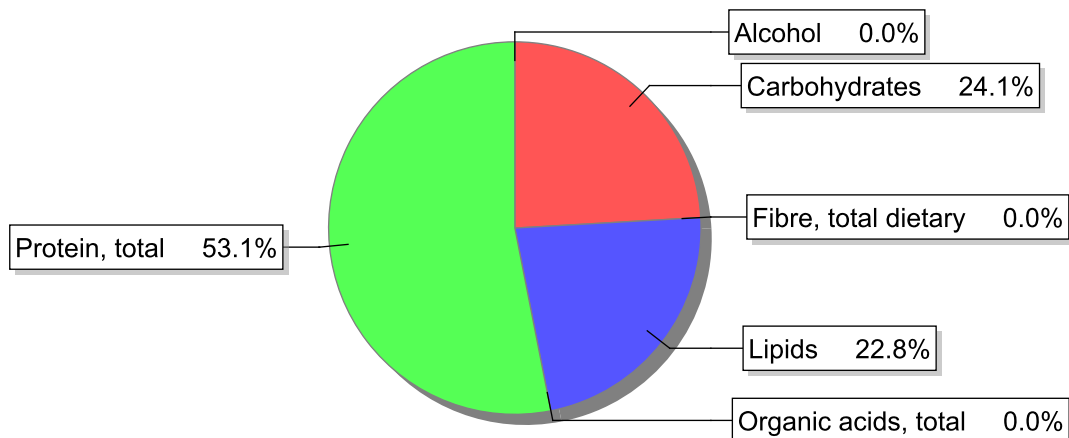
## Food

**Name:** Oyster, raw  
**Group:** Fish and fish products  
**Subgroup:** Shell-fish  
**Edible Part:** 9%  
**Code:** IS911  
**FoodEX2 Code:** A02HG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	65	kcal	
energy kJ, total metabolisable	275	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.3	g	77
fatty acids, total polyunsaturated	0.5	g	77
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.9	g	
<b>starch, total</b>	3.9	g	
<b>protein, total</b>	8.6	g	57
<b>alcohol</b>	0	g	
<b>water</b>	83	g	57
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	53	mg	77
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	85	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.85	mg	57
<b>thiamin</b>	0.15	mg	57
<b>riboflavin</b>	0.19	mg	57
<b>niacin, preformed</b>	1.9	mg	57
<b>niacin equivalents, total</b>	3.7	mg	
<b>niacin equivalents from tryptophan</b>	1.8	mg	77
<b>vitamin B-6, total</b>	0.13	mg	
<b>vitamin B-12</b>	14	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	11	µg	57
<b>ash</b>	2.70	g	77
<b>sodium</b>	370	mg	57
<b>potassium</b>	260	mg	57
<b>calcium</b>	66	mg	57
<b>phosphorus</b>	140	mg	57
<b>magnesium</b>	36	mg	57
<b>iron, total</b>	8	mg	57
<b>zinc</b>	91	mg	57

## Legend

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

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
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.