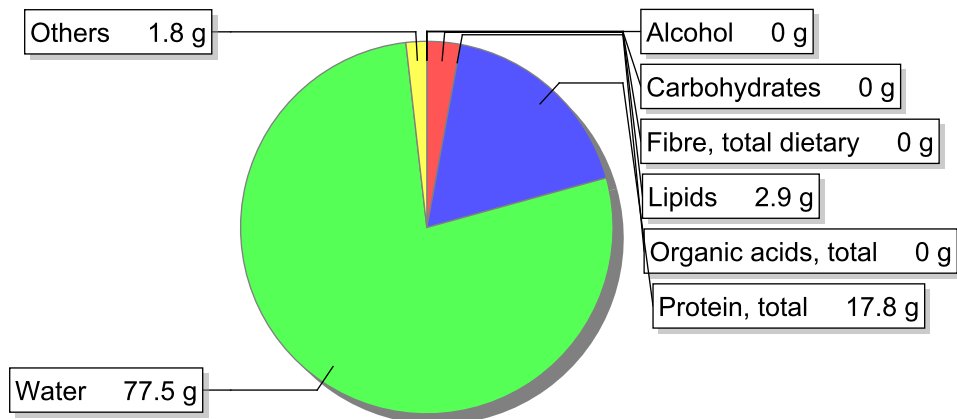


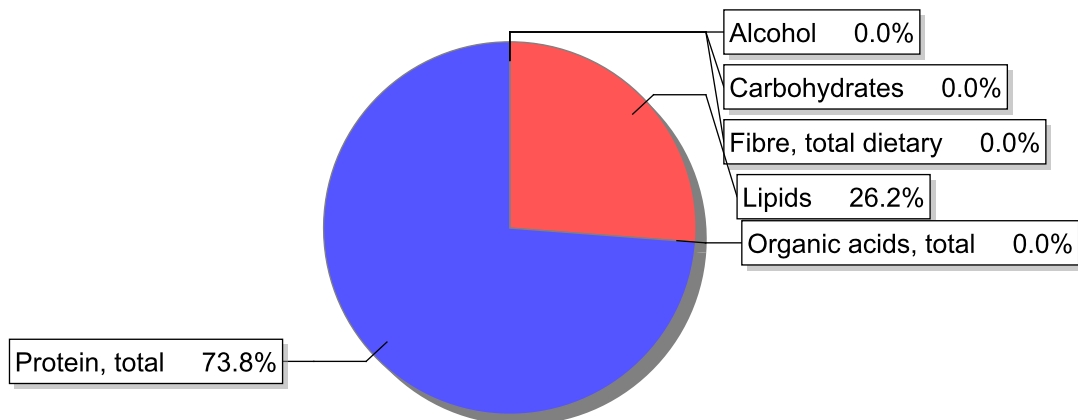
### Food

**Name:** Swordfish, raw  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 79%  
**Code:** IS834  
**FoodEX2 Code:** A07Y0

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	97	kcal	
energy kJ, total metabolisable	410	kJ	
fatty acids, total saturated	0.7	g	77
fatty acids, total monounsaturated	1.2	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>	0.2	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	17.8	g	77
<b>alcohol</b>	0	g	
<b>water</b>	77.5	g	77
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	45	mg	77
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	1.3	µg	77
<b>alpha-tocopherol</b>	0.09	mg	77
<b>thiamin</b>	0.11	mg	77
<b>riboflavin</b>	0.04	mg	77
<b>niacin, preformed</b>	4.1	mg	77
<b>niacin equivalents, total</b>	7.4	mg	
<b>niacin equivalents from tryptophan</b>	3.3	mg	77
<b>vitamin B-6, total</b>	0.47	mg	77
<b>vitamin B-12</b>	1.4	µg	77
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	14	µg	77
<b>ash</b>	1.30	g	77
<b>sodium</b>	72	mg	77
<b>potassium</b>	390	mg	77
<b>calcium</b>	5	mg	77
<b>phosphorus</b>	260	mg	77
<b>magnesium</b>	30	mg	77
<b>iron, total</b>	0.6	mg	77
<b>zinc</b>	0.9	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.