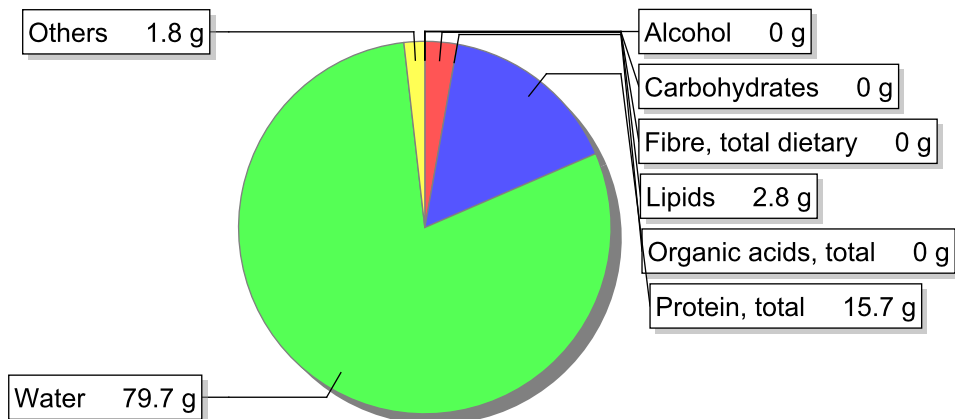


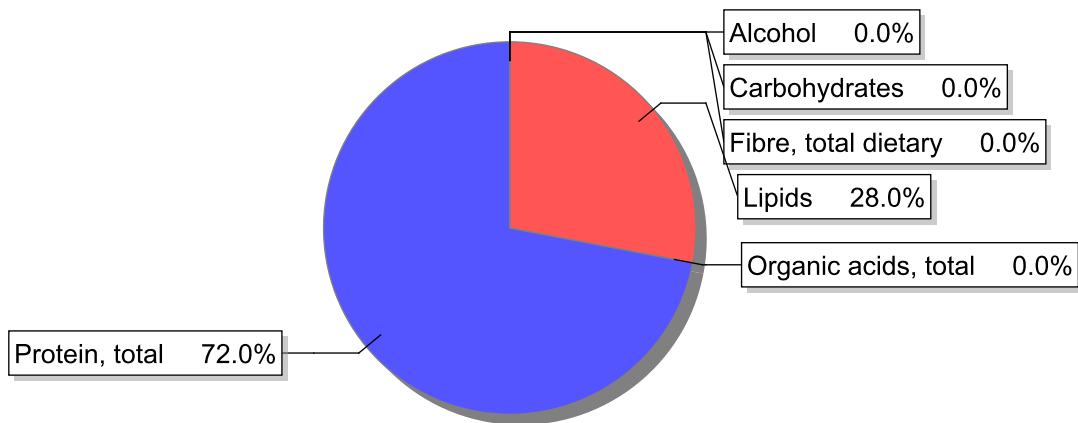
Food

Name: Black scabbardfish, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 58%
Code: IS859
FoodEX2 Code: A0FBG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	88	kcal	
energy kJ, total metabolisable	371	kJ	
fatty acids, total saturated	0.5	g	77
fatty acids, total monounsaturated	1.6	g	77
fatty acids, total polyunsaturated	0.2	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)
lactose	0	g	
salt	0.4	g	
starch, total	0	g	
protein, total	15.7	g	77
alcohol	0	g	
water	79.7	g	77
organic acids, total	0	g	
cholesterol	24	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	23	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.1	µg	77
alpha-tocopherol	1.1	mg	77
thiamin	0.01	mg	77
riboflavin	0.04	mg	77
niacin, preformed	1.8	mg	77
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	2.9	mg	77
vitamin B-6, total	0.16	mg	77
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	8.3	µg	77
ash	1.20	g	77
sodium	140	mg	77
potassium	330	mg	77
calcium	14	mg	77
phosphorus	180	mg	77
magnesium	29	mg	77
iron, total	0.1	mg	77
zinc	0.5	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.