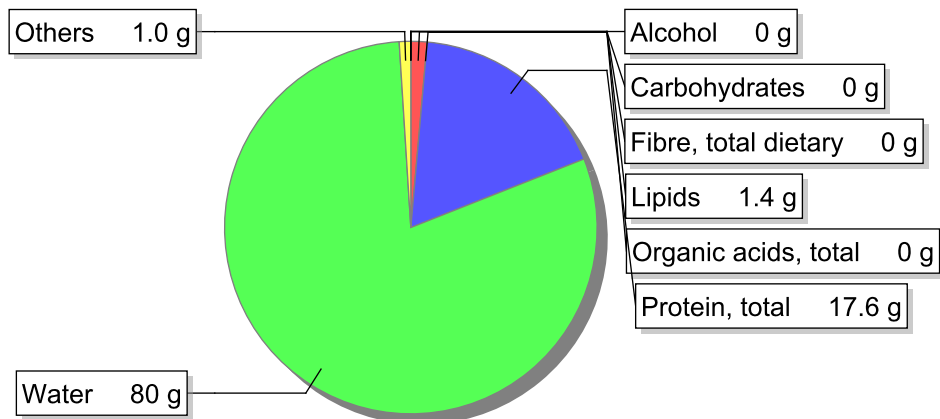


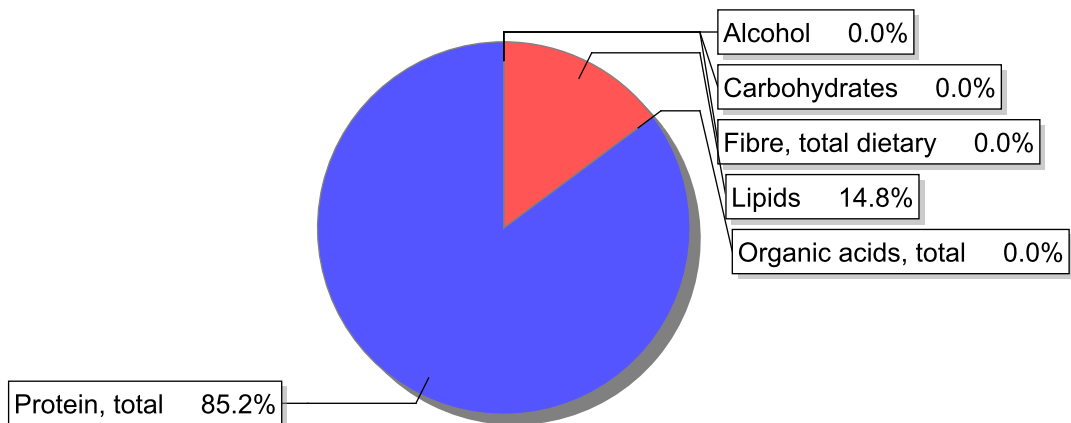
Food

Name: Hake, raw, weighted mean
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 84%
Code: IS966
FoodEX2 Code: A02CB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	83	kcal	
energy kJ, total metabolisable	351	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.4	g	
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	0.3	g	
starch, total	0	g	
protein, total	17.6	g	
alcohol	0	g	
water	80	g	
organic acids, total	0	g	
cholesterol	19	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.4	µg	
alpha-tocopherol	0.5	mg	
thiamin	0.07	mg	
riboflavin	0.04	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	4.4	mg	
niacin equivalents from tryptophan	3.3	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0.72	µg	
vitamin C	0	mg	
folate, total	18	µg	
ash	1.30	g	
sodium	100	mg	
potassium	360	mg	
calcium	31	mg	
phosphorus	190	mg	
magnesium	31	mg	
iron, total	0.3	mg	
zinc	0.6	mg	

Legend

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

References