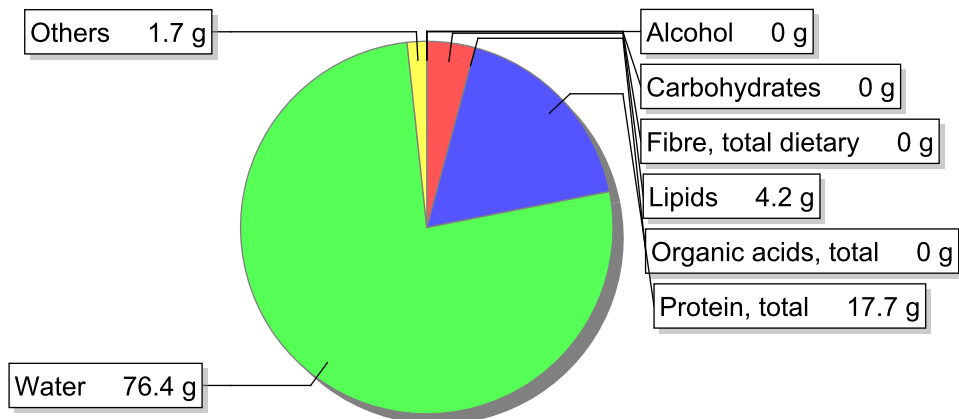


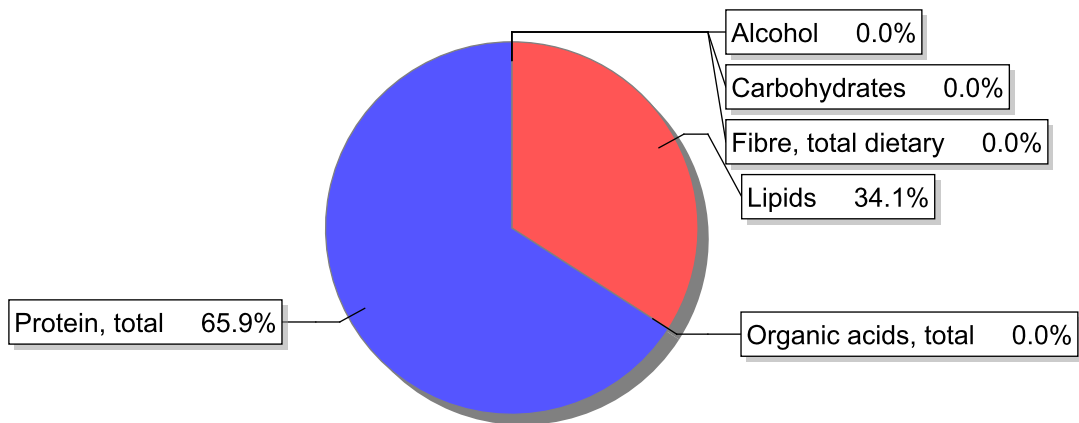
### Food

**Name:** Conger eel, raw  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 74%  
**Code:** IS875  
**FoodEX2 Code:** A02AL

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 109   | kcal |           |
| energy kJ, total metabolisable     | 456   | kJ   |           |
| fatty acids, total saturated       | 1.2   | g    | 77        |
| fatty acids, total monounsaturated | 2.1   | g    | 77        |
| fatty acids, total polyunsaturated | 0.8   | 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>oligosaccharides, available</b>                                     | 0     | g    |           |
| <b>starch, total</b>   | 0     | g    |           |
| <b>protein, total</b>  | 17.7  | g    | 77        |
| <b>alcohol</b>   | 0     | g    |           |
| <b>water</b>   | 76.4  | g    | 77        |
| <b>organic acids, total</b>  | 0     | g    |           |
| <b>cholesterol</b>   | 49    | mg   | 77        |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 267   | µg   |           |
| <b>carotene, total (vitamin A precursors)</b>                          | 0     | µg   |           |
| <b>vitamin D</b>   | 91    | µg   | 77        |
| <b>alpha-tocopherol</b>  | 1.5   | mg   | 77        |
| <b>thiamin</b>   | 0.04  | mg   | 77        |
| <b>riboflavin</b>  | 0.05  | mg   | 77        |
| <b>niacin, preformed</b>   | 1.5   | mg   | 77        |
| <b>niacin equivalents, total</b>                                       | 4.8   | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 3.3   | mg   | 77        |
| <b>vitamin B-6, total</b>  | 0.55  | mg   | 77        |
| <b>vitamin B-12</b>  | 0.3   | µg   |           |
| <b>vitamin C</b>   | 0     | mg   |           |
| <b>folate, total</b>   | 13    | µg   | 77        |
| <b>ash</b>   | 1.00  | g    | 77        |
| <b>sodium</b>  | 84    | mg   | 77        |
| <b>potassium</b>   | 340   | mg   | 77        |
| <b>calcium</b>   | 130   | mg   |           |
| <b>phosphorus</b>  | 220   | mg   | 77        |
| <b>magnesium</b>   | 28    | mg   | 77        |
| <b>iron, total</b>   | 0.2   | mg   | 77        |
| <b>zinc</b>  | 1.1   | 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. |