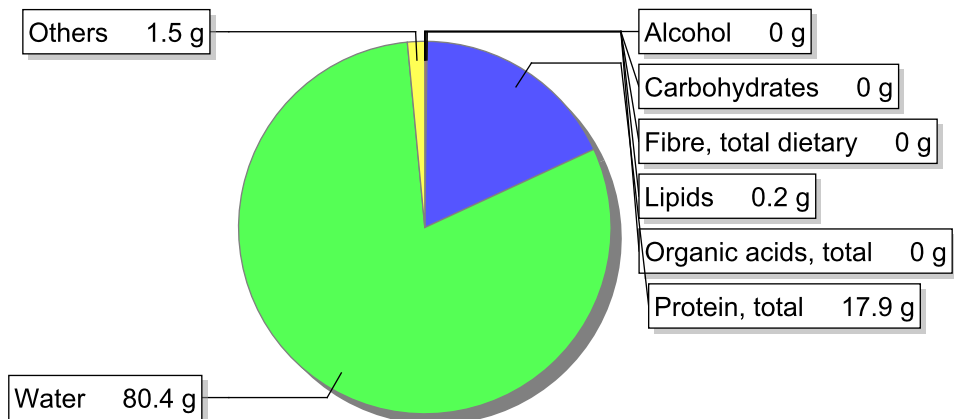


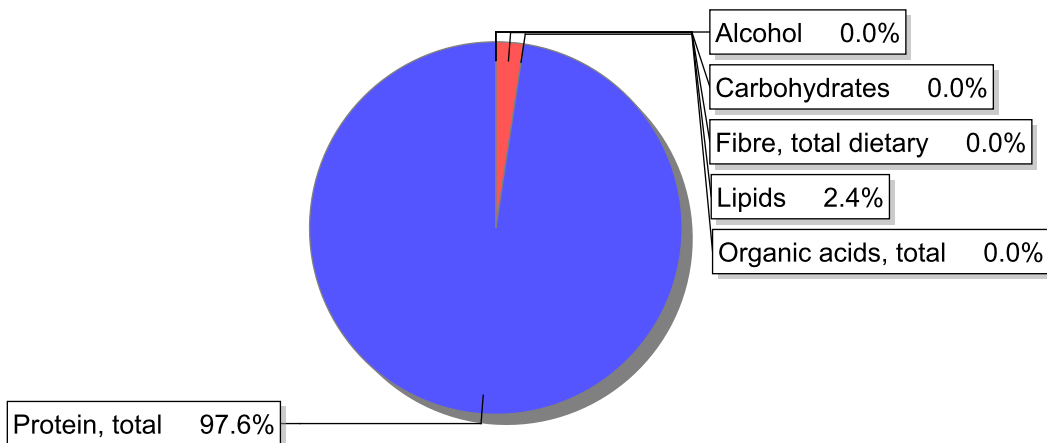
Food

Name: Monkfish, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 35%
Code: IS893
FoodEX2 Code: A02BJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	73	kcal	
energy kJ, total metabolisable	312	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	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	0.2	g	
starch, total	0	g	
protein, total	17.9	g	77
alcohol	0	g	
water	80.4	g	77
organic acids, total	0	g	
cholesterol	42	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	24	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.23	mg	77
thiamin	0.04	mg	77
riboflavin	0.02	mg	77
niacin, preformed	2	mg	77
niacin equivalents, total	5.3	mg	
niacin equivalents from tryptophan	3.3	mg	77
vitamin B-6, total	0.05	mg	77
vitamin B-12	0.26	µg	
vitamin C	0	mg	
folate, total	7.3	µg	77
ash	1.10	g	77
sodium	86	mg	77
potassium	330	mg	77
calcium	7	mg	77
phosphorus	210	mg	77
magnesium	27	mg	77
iron, total	0.2	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.