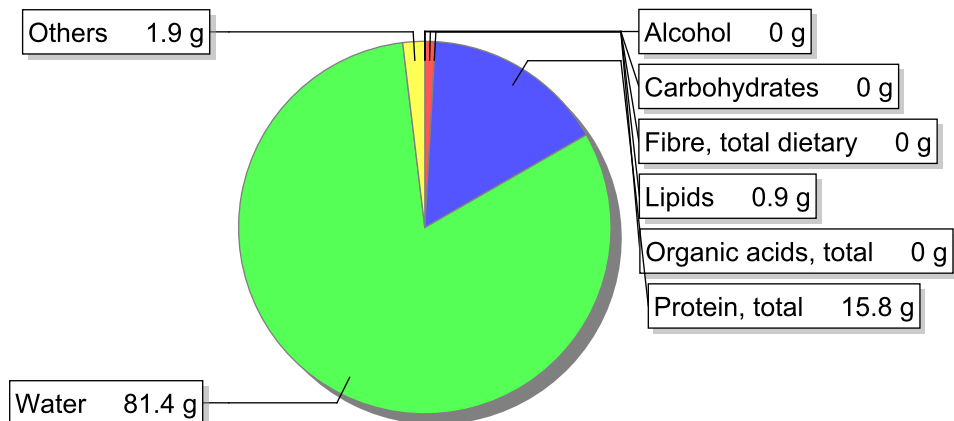


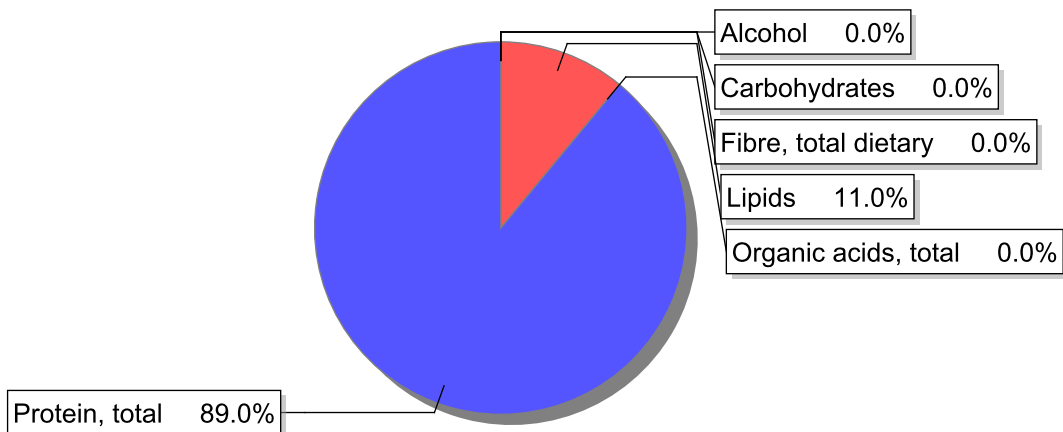
Food

Name: Squid, raw
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 69%
Code: IS914
FoodEX2 Code: A02JH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	71	kcal	
energy kJ, total metabolisable	302	kJ	
fatty acids, total saturated	0.2	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.4	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	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	15.8	g	77
alcohol	0	g	
water	81.4	g	77
organic acids, total	0	g	
cholesterol	140	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	3.5	µg	77
alpha-tocopherol	1.2	mg	77
thiamin	0.07	mg	77
riboflavin	0.02	mg	77
niacin, preformed	1	mg	77
niacin equivalents, total	4.4	mg	
niacin equivalents from tryptophan	3.4	mg	77
vitamin B-6, total	0.05	mg	77
vitamin B-12	1.1	µg	77
vitamin C	0	mg	
folate, total	7.1	µg	77
ash	1.30	g	77
sodium	200	mg	77
potassium	230	mg	77
calcium	18	mg	77
phosphorus	260	mg	77
magnesium	49	mg	77
iron, total	0.3	mg	77
zinc	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.