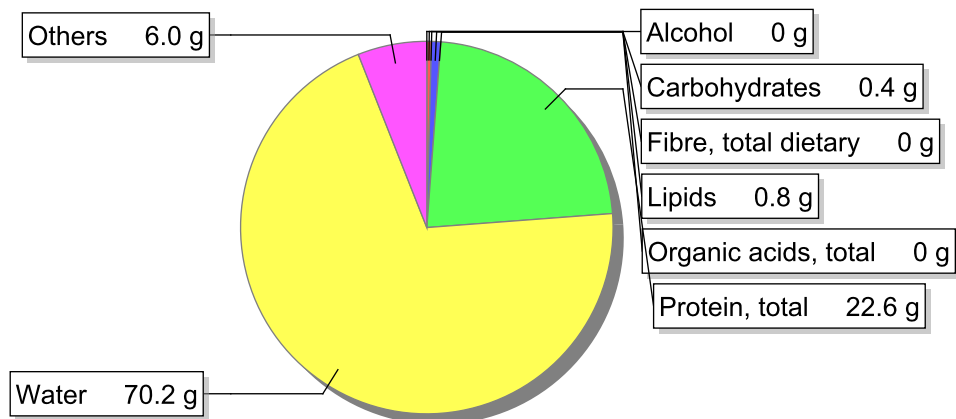


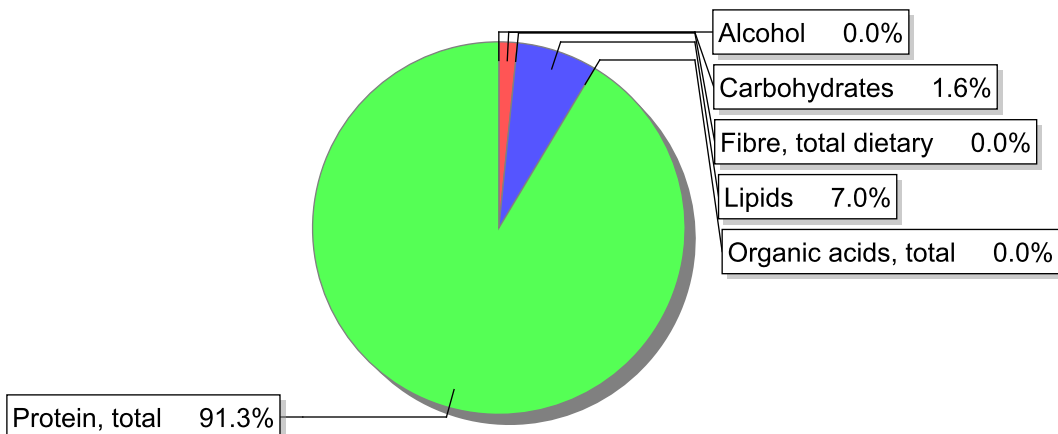
Food

Name: Shrimp, boiled
Group: Fish and fish products
Subgroup: Crustacean
Edible Part: 34%
Code: IS971
FoodEX2 Code: A02GB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	99	kcal	
energy kJ, total metabolisable	421	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	4	g	
starch, total	0.4	g	
protein, total	22.6	g	
alcohol	0	g	
water	70.2	g	
organic acids, total	0	g	
cholesterol	198	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.03	mg	
riboflavin	0.01	mg	
niacin, preformed	2.4	mg	
niacin equivalents, total	7.2	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	2.4	µg	
vitamin C	0	mg	
folate, total	9.8	µg	
ash	5.00	g	
sodium	1600	mg	
potassium	230	mg	
calcium	110	mg	
phosphorus	190	mg	
magnesium	38	mg	
iron, total	2.3	mg	
zinc	0.4	mg	

Legend

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

References