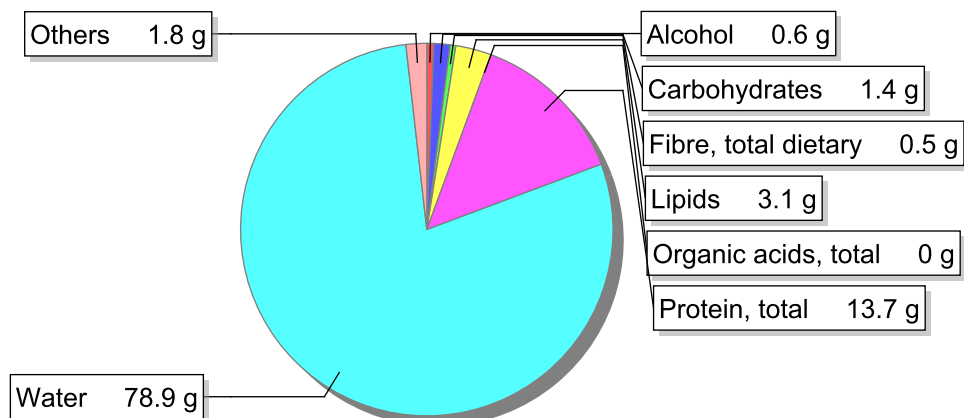


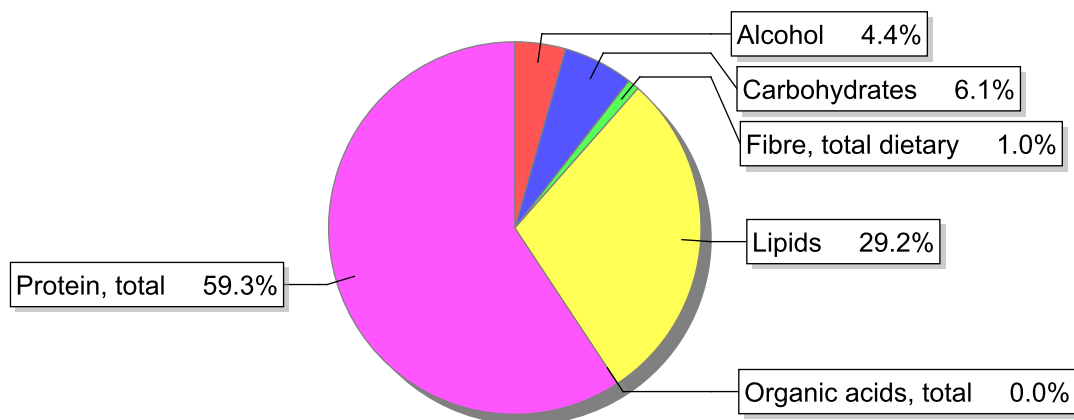
Food

Name: Alfonsino, baked with onion, tomato, olive oil and vegetable oil
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 65%
Code: IS844
FoodEX2 Code: A03XS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	94	kcal	
energy kJ, total metabolisable	393	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	1.3	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.15	g	
fatty acids, total trans	0.0	g	
sugars, total	1.2	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
fibre, total dietary	0.5	g	
protein, total	13.7	g	
alcohol	0.6	g	
water	78.9	g	
organic acids, total	0	g	
cholesterol	23	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	24	µg	
carotene, total (vitamin A precursors)	101	µg	
vitamin D	1.7	µg	
alpha-tocopherol	1.86	mg	
thiamin	0.08	mg	
riboflavin	0.02	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	5.48	mg	
niacin equivalents from tryptophan	2.5	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0.23	µg	
vitamin C	4.1	mg	
folate, total	11	µg	
ash	1.69	g	
sodium	320	mg	
potassium	290	mg	
calcium	19	mg	
phosphorus	140	mg	
magnesium	27	mg	
iron, total	0.4	mg	
zinc	0.4	mg	

Legend

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

References