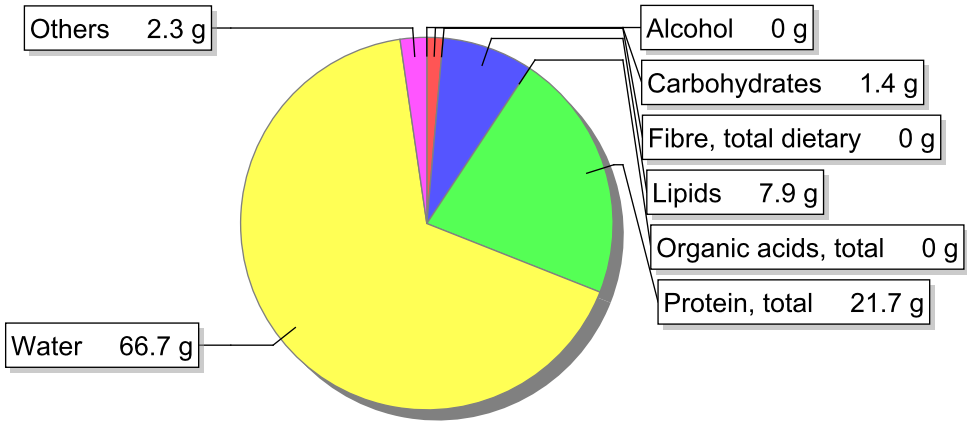


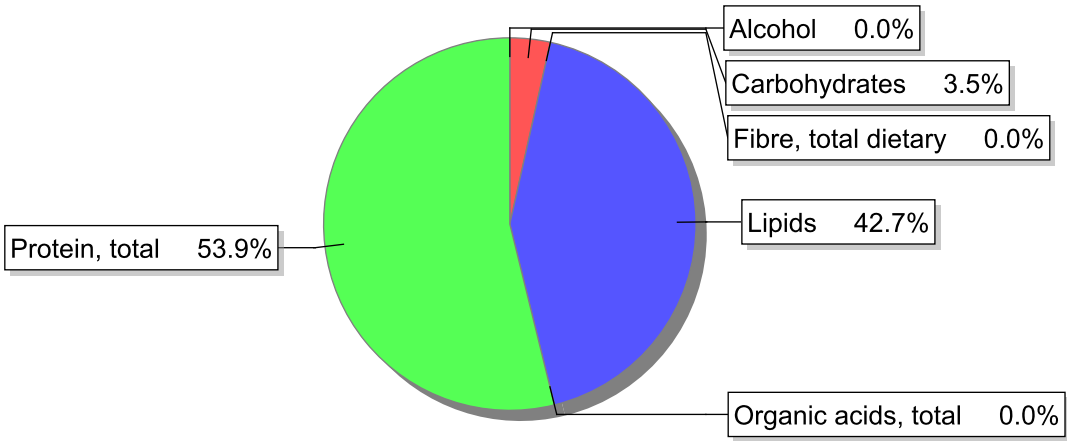
Food

Name: Hake, Europe, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 84%
Code: IS965
FoodEX2 Code: A02CB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	164	kcal	
energy kJ, total metabolisable	685	kJ	
fatty acids, total saturated	0.8	g	77
fatty acids, total monounsaturated	1.8	g	77
fatty acids, total polyunsaturated	3.9	g	77
fatty acid 18:2 n-6 cis,cis	3.4	g	77
fatty acids, total trans	0.1	g	77
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	21.7	g	77
alcohol	0	g	
water	66.7	g	77
organic acids, total	0	g	
cholesterol	25	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	77
carotene, total (vitamin A precursors)	0	µg	
vitamin D	7	µg	77
alpha-tocopherol	1.6	mg	77
thiamin	0.04	mg	77
riboflavin	0.07	mg	77
niacin, preformed	1.8	mg	77
niacin equivalents, total	5.9	mg	
niacin equivalents from tryptophan	4.1	mg	
vitamin B-6, total	0.05	mg	77
vitamin B-12	0.83	µg	77
vitamin C	0	mg	
folate, total	28	µg	77
ash	2.60	g	77
sodium	820	mg	77
potassium	600	mg	77
calcium	54	mg	77
phosphorus	300	mg	77
magnesium	43	mg	77
iron, total	0.7	mg	77
zinc	0.8	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.
1138	TDS_Iodo_2016_INSA_LAB