

Food

Name: Red seabream, baked with onion, tomato, olive oil and vegetable oil

Group: Fish and fish products

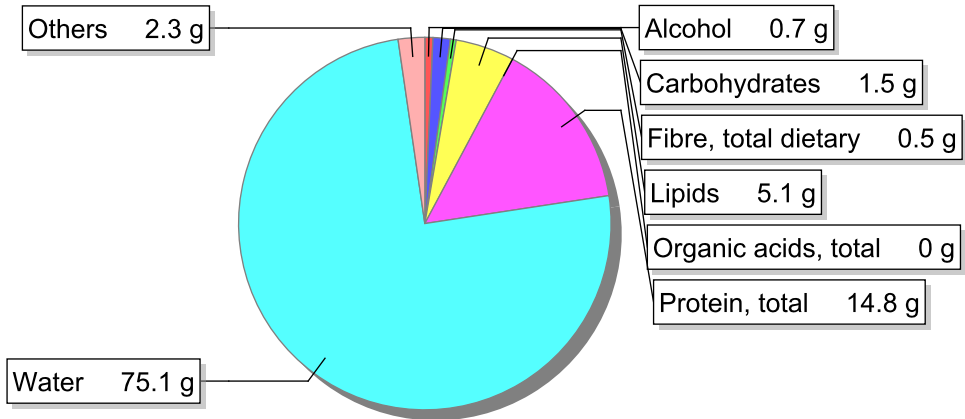
Subgroup: Fish (includes fish dishes)

Edible Part: 67%

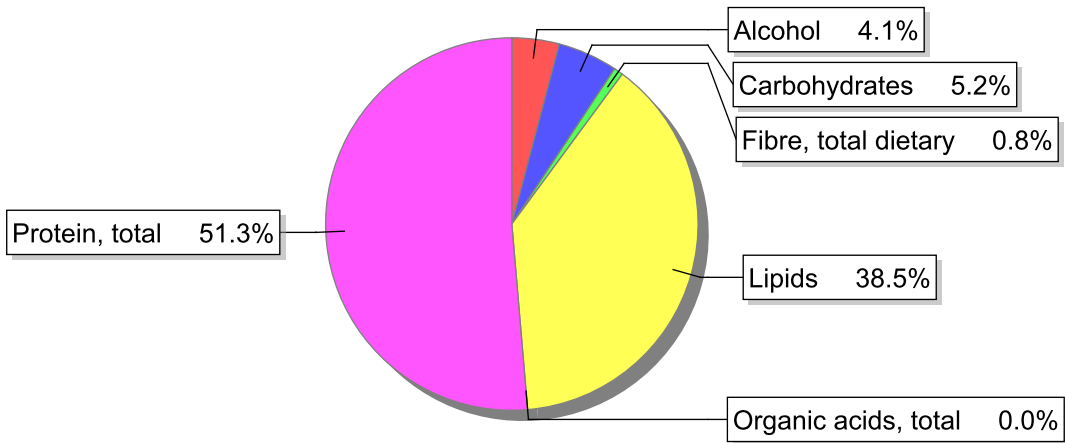
Code: IS840

FoodEX2 Code: A03XS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	117	kcal	
energy kJ, total metabolisable	490	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	1.9	g	
fatty acid 18:2 n-6 cis,cis	1.26	g	
fatty acids, total trans	0.0	g	
sugars, total	1.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.5	g	
protein, total	14.8	g	
alcohol	0.7	g	
water	75.1	g	
organic acids, total	0	g	
cholesterol	28	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	33	µg	
carotene, total (vitamin A precursors)	110	µg	
vitamin D	10	µg	
alpha-tocopherol	2.09	mg	
thiamin	0.06	mg	
riboflavin	0.05	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	4.98	mg	
niacin equivalents from tryptophan	2.73	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	0.69	µg	
vitamin C	4.5	mg	
folate, total	14	µg	
ash	2.15	g	
sodium	360	mg	
potassium	350	mg	
calcium	15	mg	
phosphorus	190	mg	
magnesium	30	mg	
iron, total	0.6	mg	
zinc	0.6	mg	

Legend

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

References