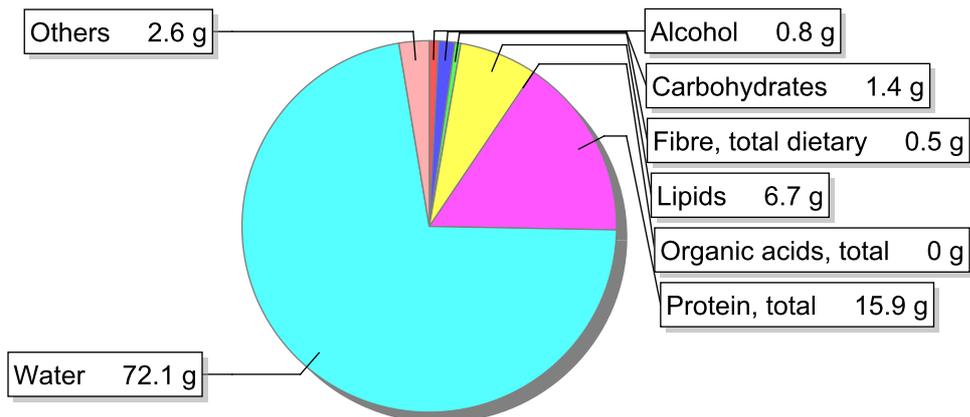


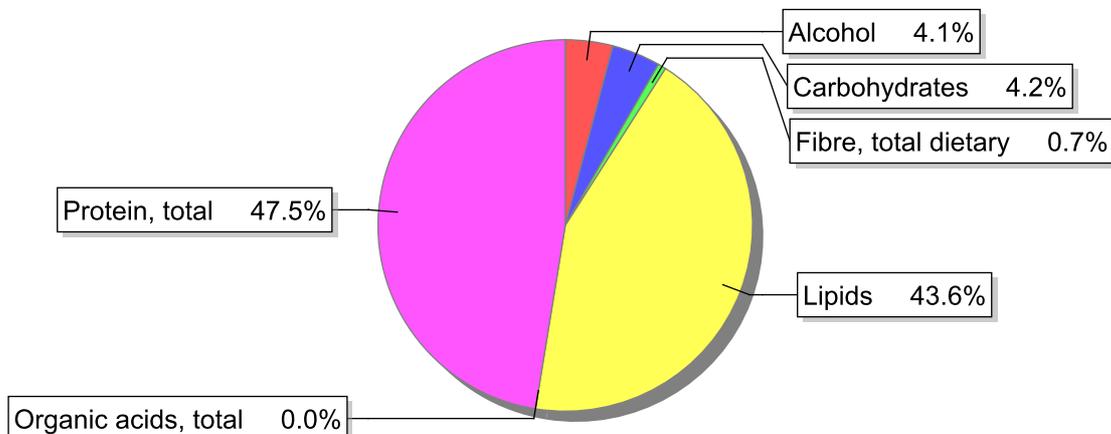
Food

Name: Red porgy, baked with onion, tomato and olive oil
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 70%
Code: IS852
FoodEX2 Code: A03XS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	136	kcal	
energy kJ, total metabolisable	569	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.462	g	
fatty acids, total trans	0	g	
sugars, total	1.2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.5	g	
protein, total	15.9	g	
alcohol	0.8	g	
water	72.1	g	
organic acids, total	0	g	
cholesterol	31	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	25	µg	
carotene, total (vitamin A precursors)	123	µg	
vitamin D	6.3	µg	
alpha-tocopherol	1.59	mg	
thiamin	0.18	mg	
riboflavin	0.02	mg	
niacin, preformed	3.4	mg	
niacin equivalents, total	7.02	mg	
niacin equivalents from tryptophan	2.93	mg	
vitamin B-6, total	0.42	mg	
vitamin B-12	1.5	µg	
vitamin C	4.6	mg	
folate, total	11	µg	
ash	2.08	g	
sodium	370	mg	
potassium	410	mg	
calcium	13	mg	
phosphorus	200	mg	
magnesium	33	mg	
iron, total	0.8	mg	
zinc	0.7	mg	

Legend

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

References