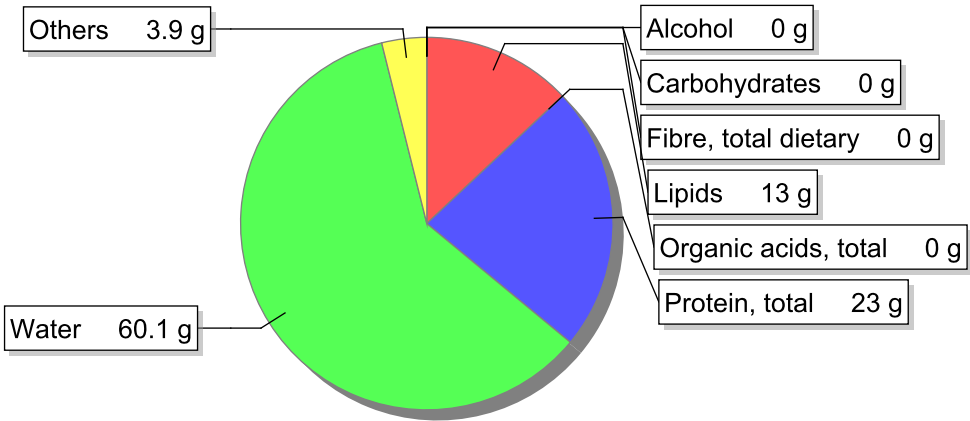


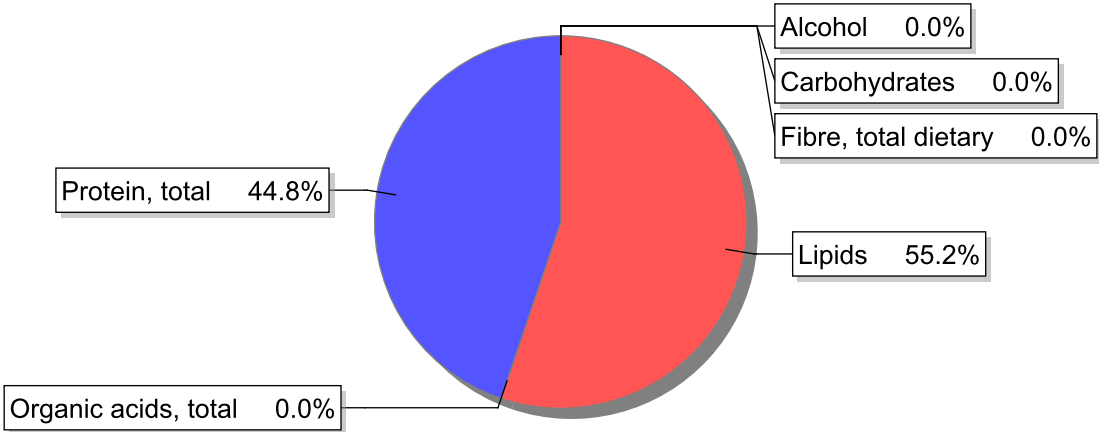
Food

Name: Seabass, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 38%
Code: IS873
FoodEX2 Code: A029T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	209	kcal	
energy kJ, total metabolisable	872	kJ	
fatty acids, total saturated	2.6	g	77
fatty acids, total monounsaturated	4.2	g	77
fatty acids, total polyunsaturated	3.5	g	77
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	0	g	
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	23	g	77
alcohol	0	g	
water	60.1	g	77
organic acids, total	0	g	
cholesterol	59	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	35	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	6.7	µg	77
alpha-tocopherol	0.21	mg	77
thiamin	0.21	mg	77
riboflavin	0.18	mg	77
niacin, preformed	3.5	mg	77
niacin equivalents, total	7.8	mg	
niacin equivalents from tryptophan	4.3	mg	77
vitamin B-6, total	0.13	mg	77
vitamin B-12	1.4	µg	
vitamin C	0	mg	
folate, total	9.3	µg	
iodide	18	µg	1138
sodium	560	mg	77
potassium	430	mg	77
calcium	120	mg	
phosphorus	440	mg	
magnesium	46	mg	77
iron, total	0.4	mg	77
zinc	1.6	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.
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