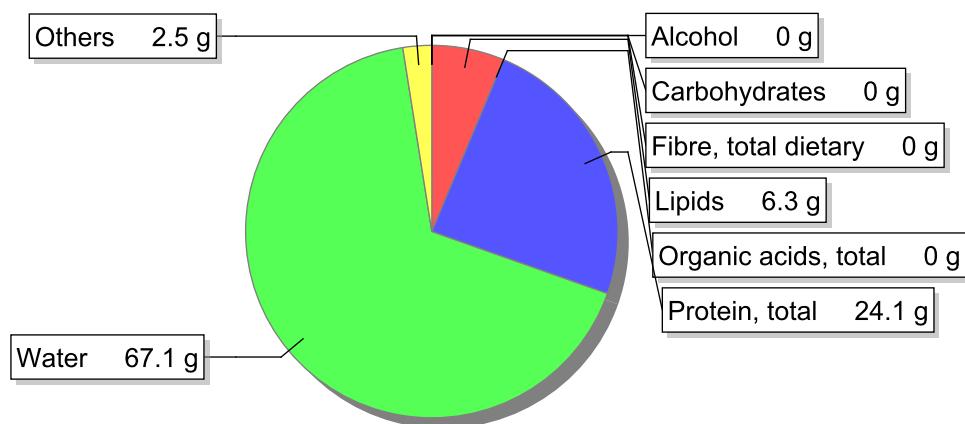


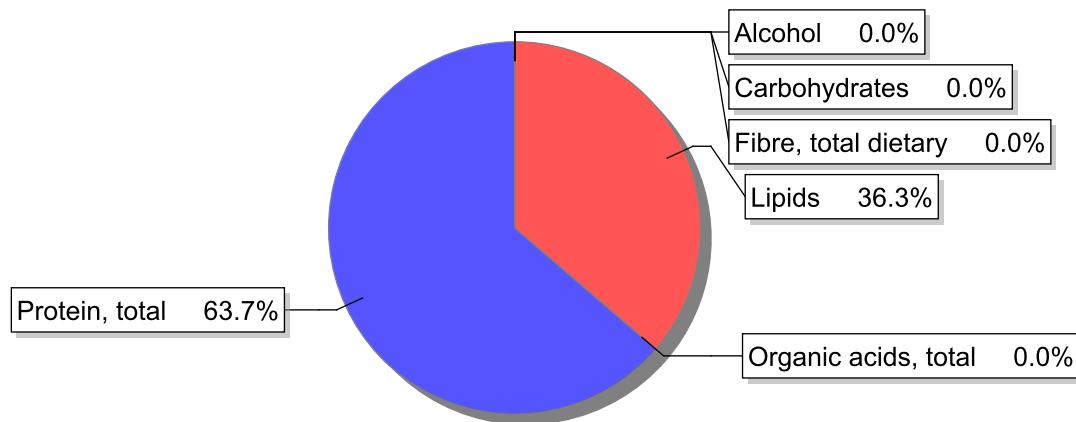
Food

Name: Wreckfish, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 70%
Code: IS898
FoodEX2 Code: A02AG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	153	kcal	
energy kJ, total metabolisable	643	kJ	
fatty acids, total saturated	1.9	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.1	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	24.1	g	
alcohol	0	g	
water	67.1	g	
organic acids, total	0	g	
cholesterol	63	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	62	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	7.5	µg	
alpha-tocopherol	3	mg	
thiamin	0.04	mg	
riboflavin	0.04	mg	
niacin, preformed	2.3	mg	
niacin equivalents, total	6.8	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.24	mg	
vitamin B-12	0.89	µg	
vitamin C	0	mg	
folate, total	6.8	µg	
ash	2.50	g	
sodium	480	mg	
potassium	350	mg	
calcium	11	mg	
phosphorus	210	mg	
magnesium	34	mg	
iron, total	0.5	mg	
zinc	1	mg	

Legend

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

References