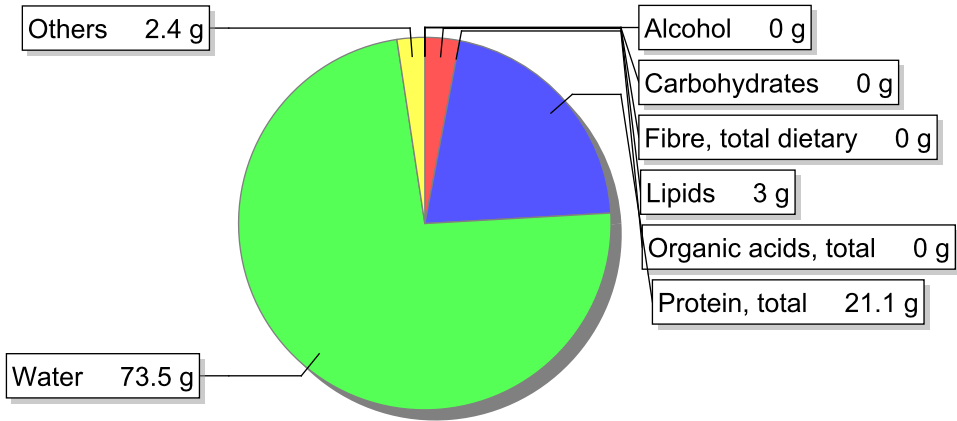


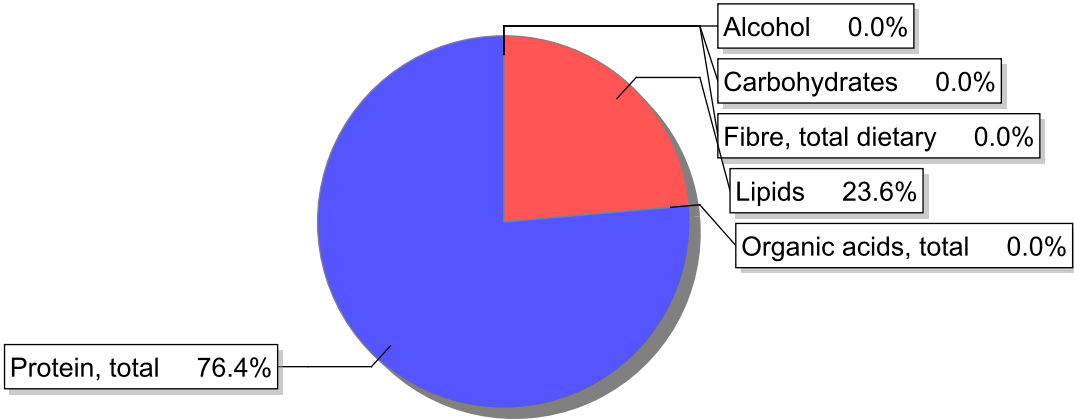
Food

Name: Horse mackerel, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 55%
Code: IS824
FoodEX2 Code: A02CN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	111	kcal	
energy kJ, total metabolisable	470	kJ	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0	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	21.1	g	
alcohol	0	g	
water	73.5	g	
organic acids, total	0	g	
cholesterol	41	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	15	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.2	µg	
alpha-tocopherol	0.42	mg	
thiamin	0.13	mg	
riboflavin	0.12	mg	
niacin, preformed	3.9	mg	
niacin equivalents, total	8.1	mg	
niacin equivalents from tryptophan	4.2	mg	
vitamin B-6, total	0.28	mg	
vitamin B-12	5.1	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	2.30	g	
sodium	350	mg	
potassium	340	mg	
calcium	78	mg	
phosphorus	250	mg	
magnesium	31	mg	
iron, total	1.1	mg	
zinc	1.4	mg	

Legend

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

References