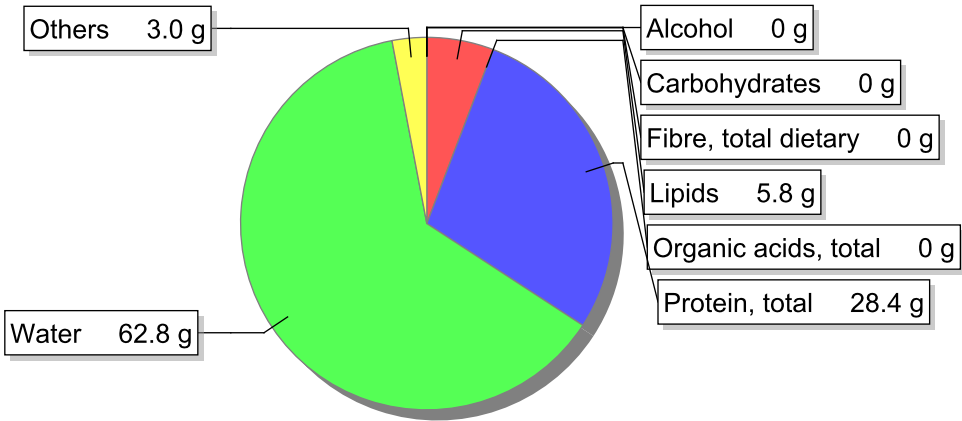


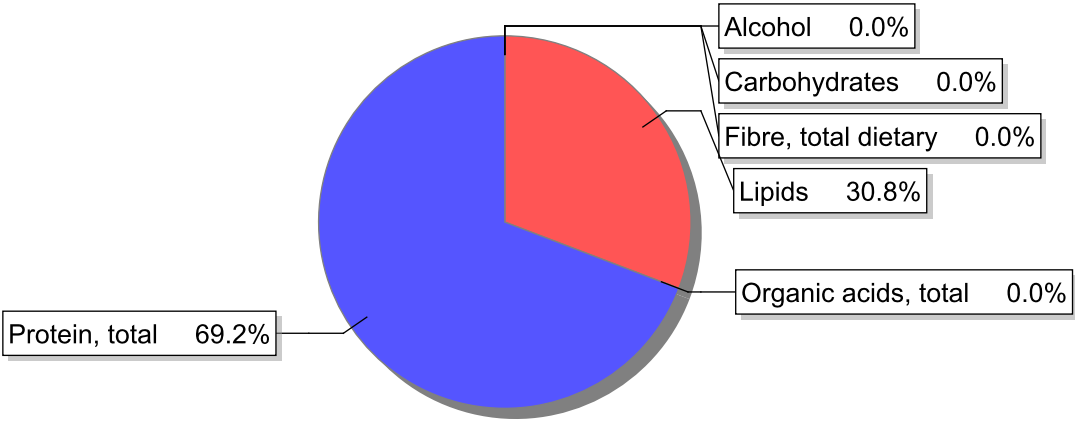
Food

Name: Tuna, fresh, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS812
FoodEX2 Code: A02DX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	166	kcal	
energy kJ, total metabolisable	697	kJ	
fatty acids, total saturated	2	g	
fatty acids, total monounsaturated	2	g	
fatty acids, total polyunsaturated	1	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	
salt	0.8	g	
starch, total	0	g	
protein, total	28.4	g	
alcohol	0	g	
water	62.8	g	
organic acids, total	0	g	
cholesterol	35	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.7	µg	
alpha-tocopherol	0.8	mg	
thiamin	0.1	mg	
riboflavin	0.05	mg	
niacin, preformed	11	mg	
niacin equivalents, total	16	mg	
niacin equivalents from tryptophan	5.3	mg	
vitamin B-6, total	0.56	mg	
vitamin B-12	2.7	µg	
vitamin C	0	mg	
folate, total	8.2	µg	
ash	2.20	g	
sodium	300	mg	
potassium	380	mg	
calcium	5	mg	
phosphorus	290	mg	
magnesium	41	mg	
iron, total	2.3	mg	
zinc	1.9	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB