

Food

Name: Clams, cooked briefly, no salt added

Group: Fish and fish products

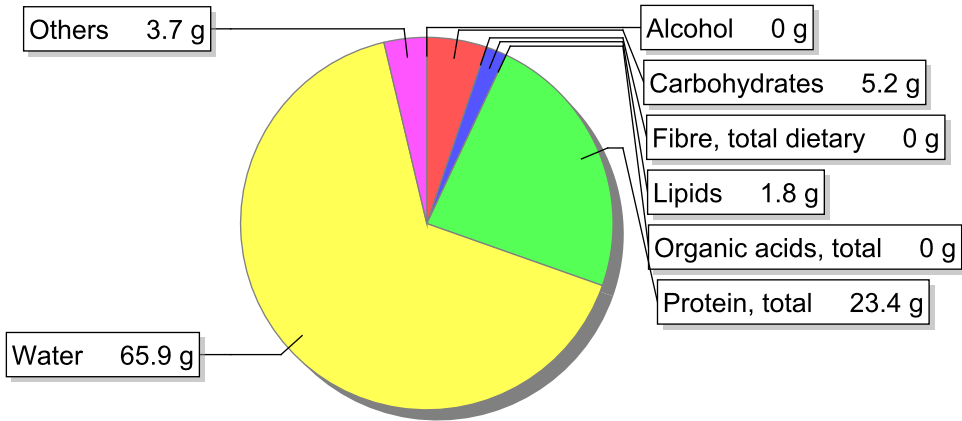
Subgroup: Shell-fish

Edible Part: 27%

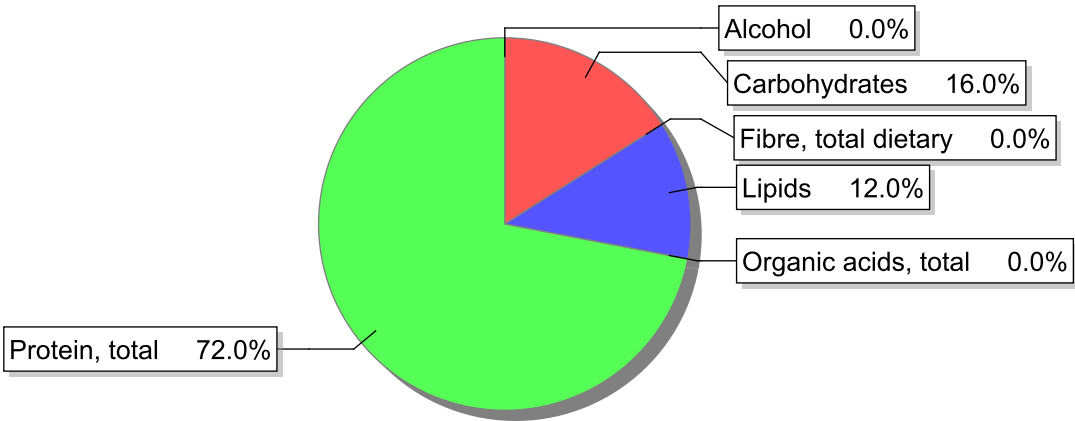
Code: IS908

FoodEX2 Code: A02HA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	131	kcal	
energy kJ, total metabolisable	553	kJ	
fatty acids, total saturated	0.4	g	77
fatty acids, total monounsaturated	0.2	g	77
fatty acids, total polyunsaturated	0.4	g	77
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	23.4	g	77
alcohol	0	g	
water	65.9	g	77
organic acids, total	0	g	
cholesterol	88	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	175	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	57
alpha-tocopherol	0.58	mg	57
thiamin	0.06	mg	57
riboflavin	0.3	mg	57
niacin, preformed	3.2	mg	57
niacin equivalents, total	8.2	mg	
niacin equivalents from tryptophan	5	mg	77
vitamin B-6, total	0.07	mg	57
vitamin B-12	67	µg	57
vitamin C	0	mg	
folate, total	16	µg	57
ash	2.00	g	77
sodium	490	mg	57
potassium	160	mg	57
calcium	100	mg	57
phosphorus	360	mg	57
magnesium	210	mg	57
iron, total	17	mg	57
zinc	4.2	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
77	Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártole, 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.

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB