

Food

Name: Cockles, cooked briefly, no salt added

Group: Fish and fish products

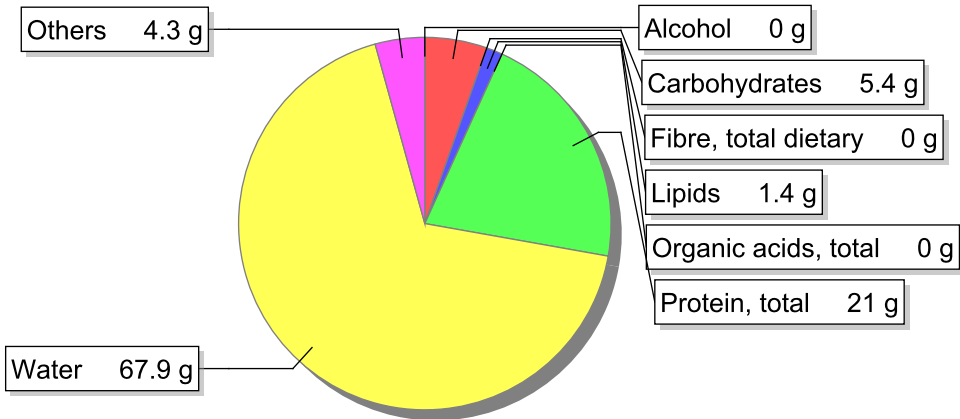
Subgroup: Shell-fish

Edible Part: 21%

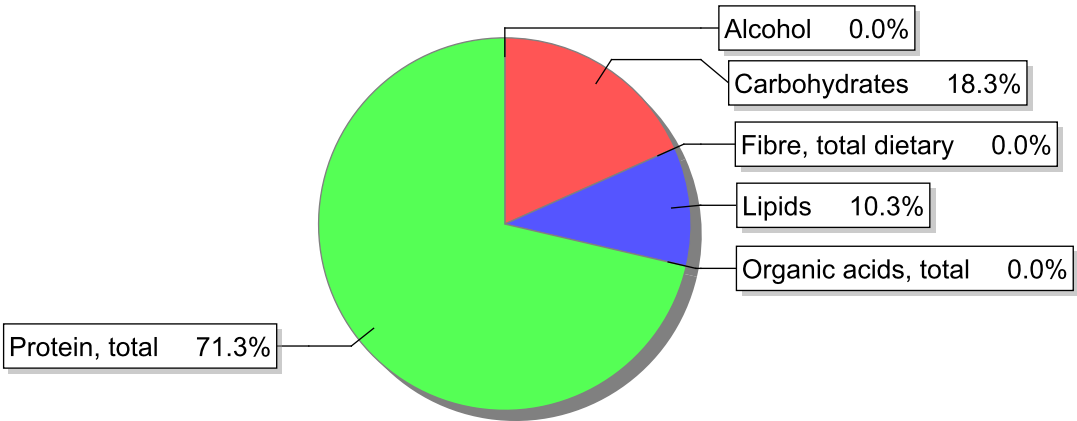
Code: IS920

FoodEX2 Code: A02HE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	118	kcal	
energy kJ, total metabolisable	501	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.3	g	77
fatty acids, total polyunsaturated	0.5	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	
starch, total	5.4	g	
protein, total	21	g	77
alcohol	0	g	
water	67.9	g	77
organic acids, total	0	g	
cholesterol	60	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.09	mg	
riboflavin	0.02	mg	
niacin, preformed	7.7	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	4.5	mg	77
vitamin B-6, total	0.06	mg	
vitamin B-12	74	µg	
vitamin C	0	mg	
folate, total	31	µg	
ash	3.30	g	77
sodium	750	mg	
potassium	120	mg	
calcium	110	mg	
phosphorus	320	mg	
magnesium	120	mg	
iron, total	12	mg	
zinc	2.2	mg	

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.