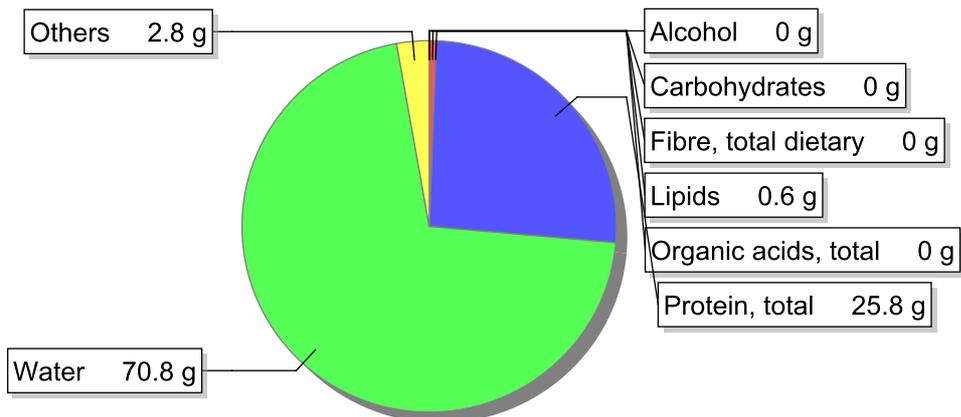


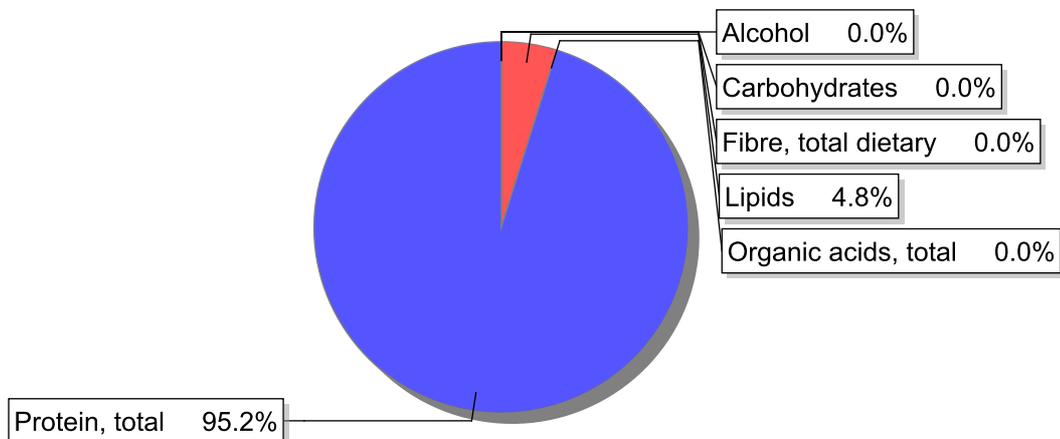
## Food

**Name:** Cuttlefish, grilled  
**Group:** Fish and fish products  
**Subgroup:** Shell-fish  
**Edible Part:** 61%  
**Code:** IS913  
**FoodEX2 Code:** A02JA

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	109	kcal	
energy kJ, total metabolisable	461	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	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)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	25.8	g	
<b>alcohol</b>	0	g	
<b>water</b>	70.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	110	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	12	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	1.4	mg	
<b>thiamin</b>	0.05	mg	
<b>riboflavin</b>	0.04	mg	
<b>niacin, preformed</b>	1.4	mg	
<b>niacin equivalents, total</b>	6.9	mg	
<b>niacin equivalents from tryptophan</b>	5.5	mg	
<b>vitamin B-6, total</b>	0.07	mg	
<b>vitamin B-12</b>	1.4	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	10	µg	
<b>ash</b>	2.80	g	
<b>sodium</b>	530	mg	
<b>potassium</b>	390	mg	
<b>calcium</b>	12	mg	
<b>phosphorus</b>	350	mg	
<b>magnesium</b>	64	mg	
<b>iron, total</b>	0.1	mg	
<b>zinc</b>	2.5	mg	

## Legend

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

## References