

Food

Name: Horse mackerel, small size (about 15cm), grilled

Group: Fish and fish products

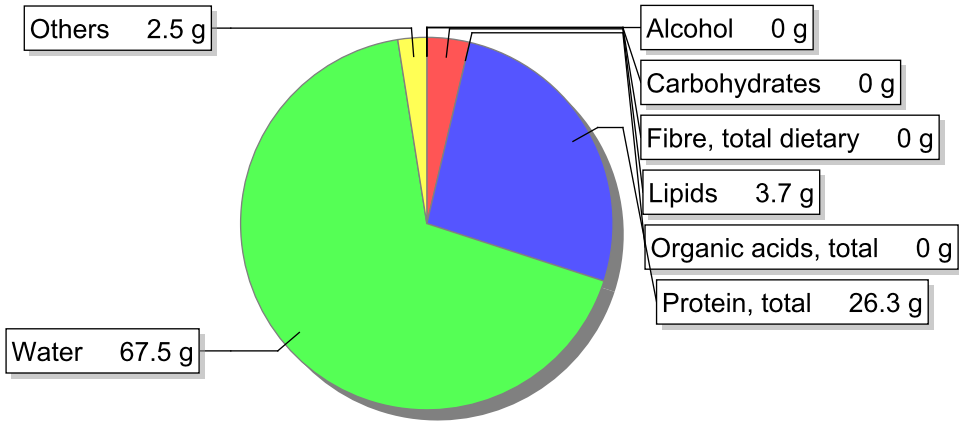
Subgroup: Fish (includes fish dishes)

Edible Part: 50%

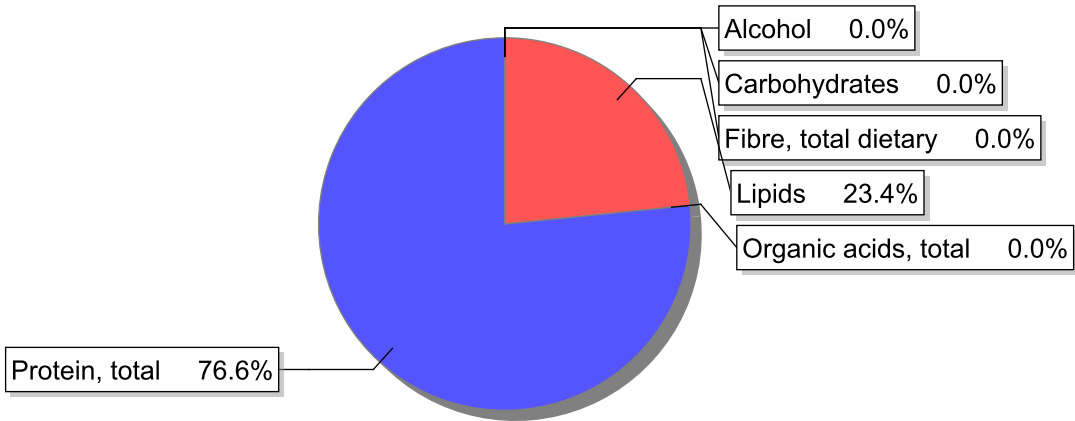
Code: IS818

FoodEX2 Code: A02CN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	139	kcal	
energy kJ, total metabolisable	584	kJ	
fatty acids, total saturated	0.9	g	77
fatty acids, total monounsaturated	1	g	77
fatty acids, total polyunsaturated	1.1	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	
salt	1.1	g	
fibre, total dietary	0	g	
protein, total	26.3	g	77
alcohol	0	g	
water	67.5	g	77
organic acids, total	0	g	
cholesterol	48	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	21	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	3.5	µg	77
alpha-tocopherol	0.18	mg	77
thiamin	0.14	mg	77
riboflavin	0.16	mg	77
niacin, preformed	5.9	mg	77
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.9	mg	77
vitamin B-6, total	0.34	mg	77
vitamin B-12	6.4	µg	77
vitamin C	0	mg	
folate, total	24	µg	77
ash	2.30	g	77
sodium	450	mg	77
potassium	470	mg	77
calcium	61	mg	
phosphorus	290	mg	77
magnesium	35	mg	77
iron, total	2.1	mg	77
zinc	0.9	mg	77

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.
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