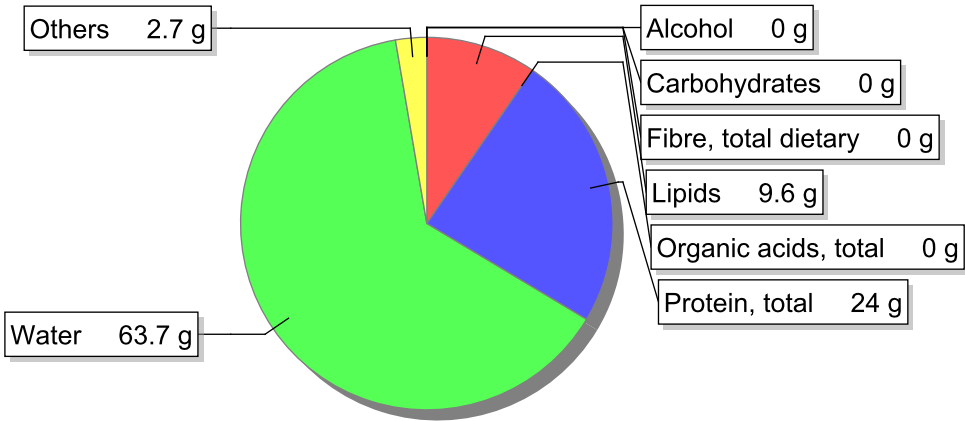


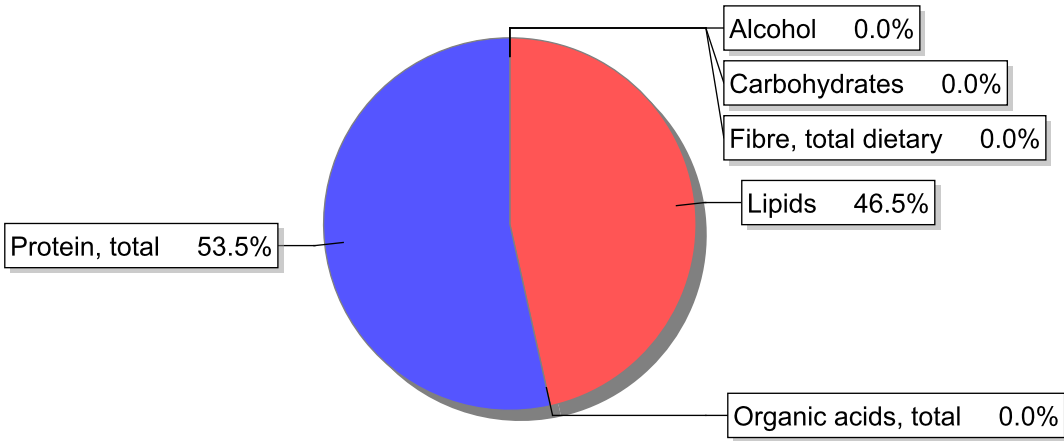
Food

Name: Chub mackerel, fillets, canned in olive oil
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS822
FoodEX2 Code: A0FBV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	182	kcal	
energy kJ, total metabolisable	763	kJ	
fatty acids, total saturated	1.5	g	77
fatty acids, total monounsaturated	6	g	77
fatty acids, total polyunsaturated	1.2	g	77
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.2	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	24	g	77
alcohol	0	g	
water	63.7	g	77
organic acids, total	0	g	
cholesterol	35	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	23	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	77
alpha-tocopherol	1.9	mg	77
thiamin	0.04	mg	77
riboflavin	0.2	mg	77
niacin, preformed	5.8	mg	77
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.5	mg	77
vitamin B-6, total	0.26	mg	77
vitamin B-12	17	µg	
vitamin C	0	mg	
folate, total	17	µg	77
ash	2.40	g	77
sodium	620	mg	77
potassium	380	mg	77
calcium	10	mg	77
phosphorus	250	mg	77
magnesium	35	mg	77
iron, total	0.6	mg	77
zinc	0.7	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.