

Food

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

Group: Fish and fish products

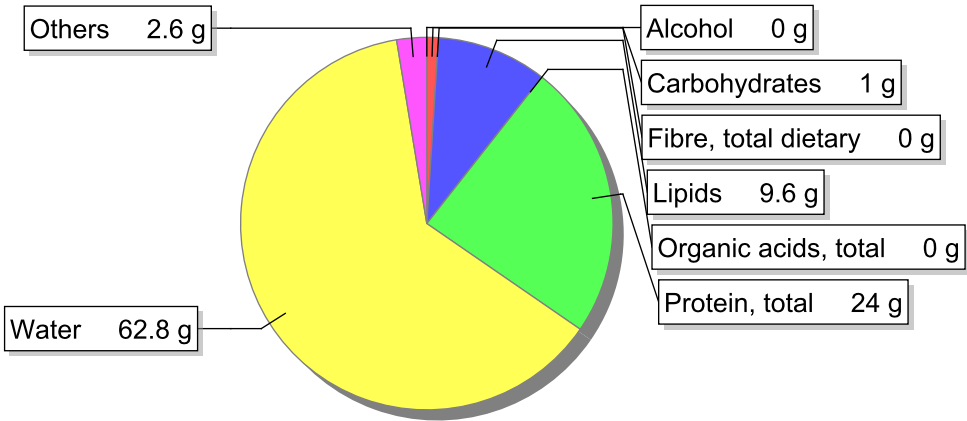
Subgroup: Fish (includes fish dishes)

Edible Part: 50%

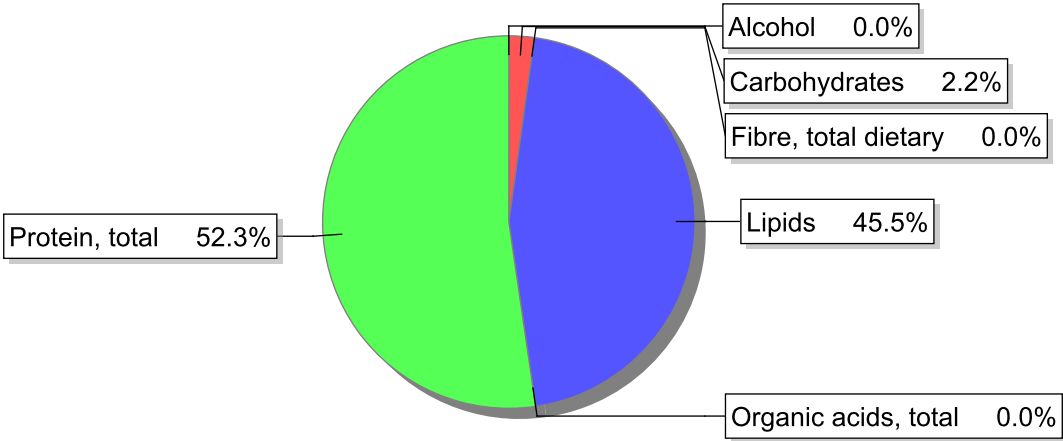
Code: IS819

FoodEX2 Code: A02CN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	186	kcal	
energy kJ, total metabolisable	780	kJ	
fatty acids, total saturated	1.5	g	77
fatty acids, total monounsaturated	2.5	g	77
fatty acids, total polyunsaturated	4.2	g	77
fatty acid 18:2 n-6 cis,cis	3.0	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	24	g	77
alcohol	0	g	
water	62.8	g	77
organic acids, total	0	g	
cholesterol	39	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.8	µg	77
alpha-tocopherol	0.79	mg	77
thiamin	0.13	mg	77
riboflavin	0.17	mg	77
niacin, preformed	5.5	mg	77
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.5	mg	77
vitamin B-6, total	0.3	mg	77
vitamin B-12	6.6	µg	
vitamin C	0	mg	
folate, total	20	µg	77
ash	2.60	g	77
sodium	530	mg	77
potassium	470	mg	77
calcium	86	mg	77
phosphorus	290	mg	77
magnesium	37	mg	77
iron, total	2	mg	77
zinc	1.1	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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