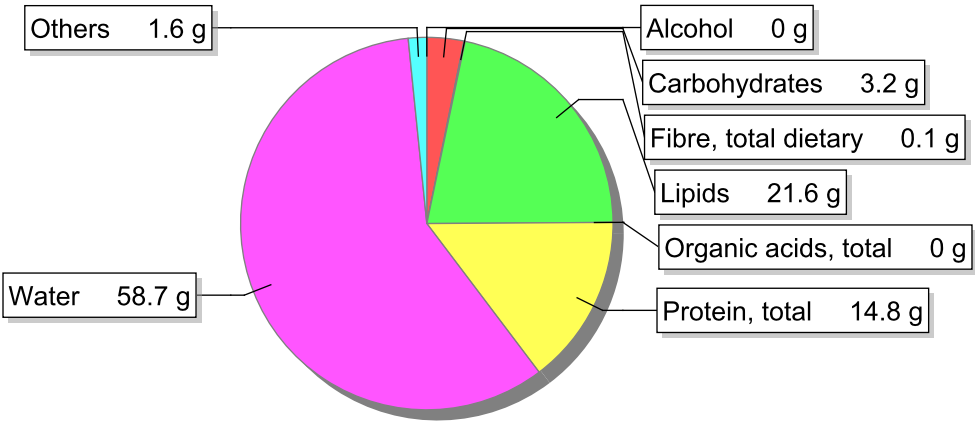


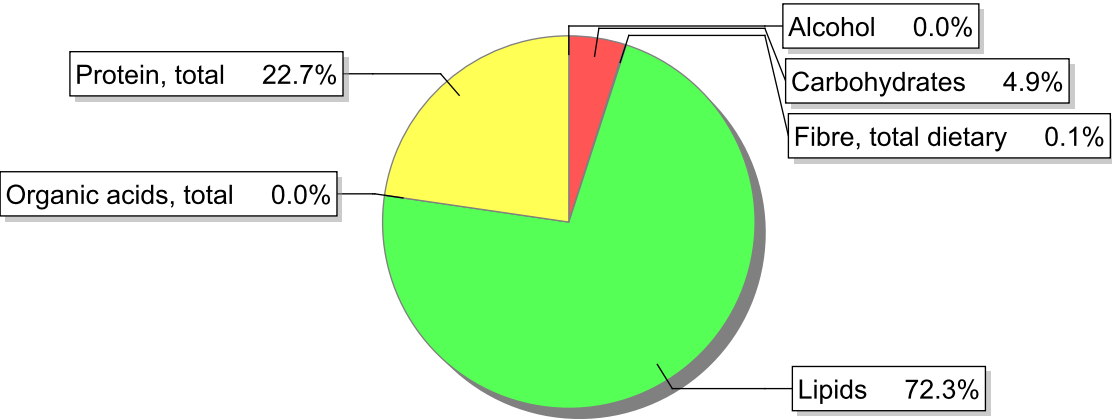
Food

Name: Eel, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 61%
Code: IS832
FoodEX2 Code: A028G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	267	kcal	
energy kJ, total metabolisable	1110	kJ	
fatty acids, total saturated	6.2	g	
fatty acids, total monounsaturated	2.2	g	
fatty acids, total polyunsaturated	8.2	g	
fatty acid 18:2 n-6 cis,cis	1.8	g	
fatty acids, total trans	0	g	
sugars, total	0.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.1	g	
protein, total	14.8	g	
alcohol	0	g	
water	58.7	g	
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	806	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	14	µg	
alpha-tocopherol	4.4	mg	
thiamin	0.26	mg	
riboflavin	0.27	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	4.2	mg	
niacin equivalents from tryptophan	2.8	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	9.3	µg	
ash	1.60	g	
sodium	170	mg	
potassium	180	mg	
calcium	160	mg	
phosphorus	260	mg	
magnesium	18	mg	
iron, total	0.5	mg	
zinc	2.9	mg	

Legend

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

References