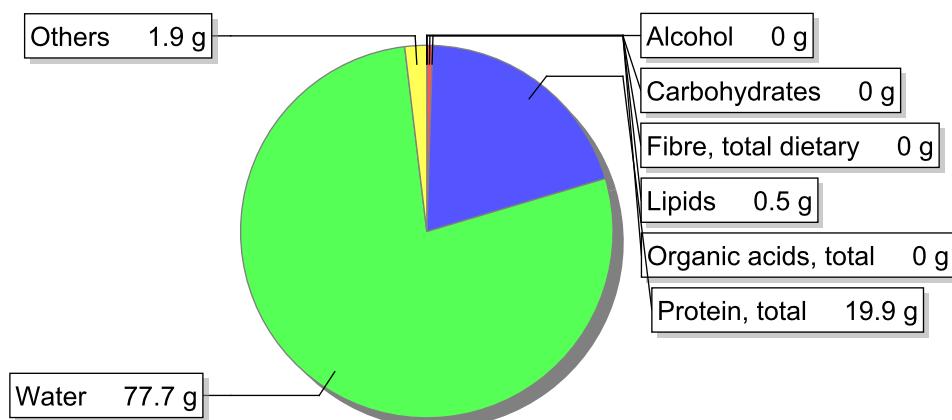


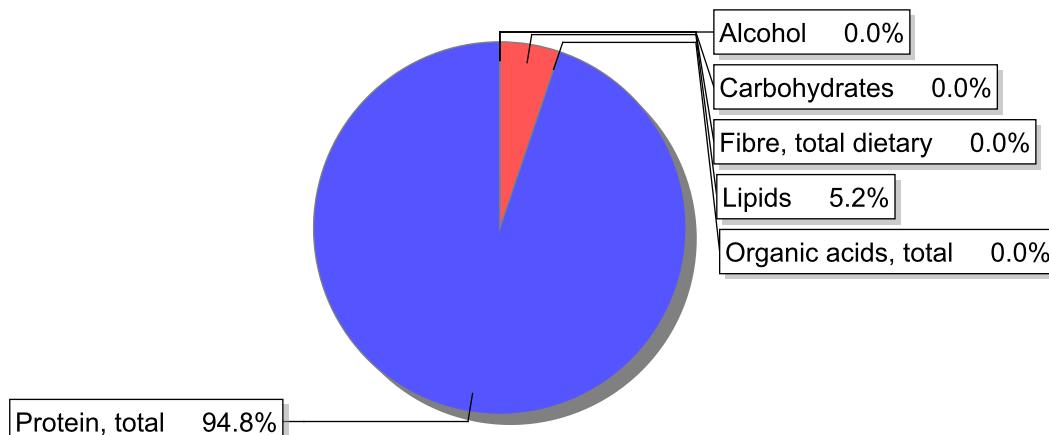
Food

Name: Alfonsino, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 41%
Code: IS842
FoodEX2 Code: A0FBH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	84	kcal	
energy kJ, total metabolisable	357	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.1	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	19.9	g	
alcohol	0	g	
water	77.7	g	
organic acids, total	0	g	
cholesterol	35	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.7	µg	
alpha-tocopherol	0.69	mg	
thiamin	0.08	mg	
riboflavin	0.01	mg	
niacin, preformed	3.4	mg	
niacin equivalents, total	7.1	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.36	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	1.90	g	
sodium	340	mg	
potassium	300	mg	
calcium	13	mg	
phosphorus	210	mg	
magnesium	42	mg	
iron, total	0.2	mg	
zinc	0.5	mg	

Legend

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

References