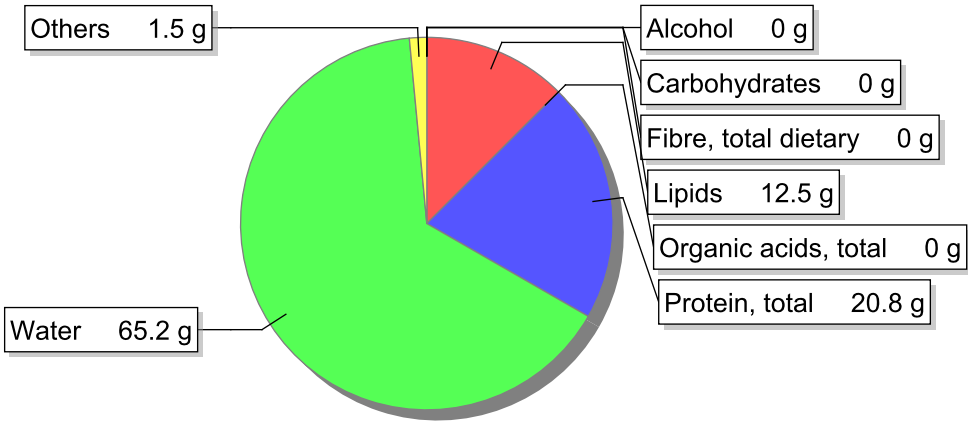


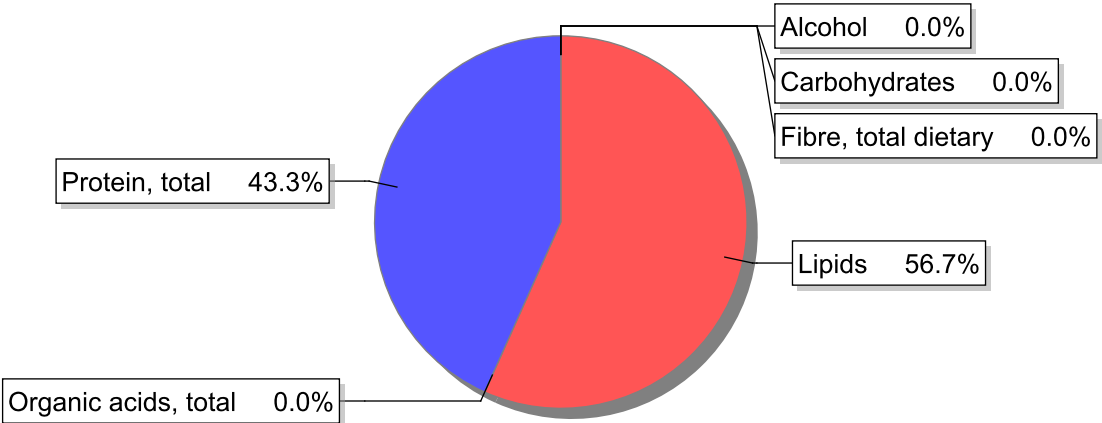
Food

Name: Gilthead seabream, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 47%
Code: IS829
FoodEX2 Code: A0FAR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	196	kcal	
energy kJ, total metabolisable	816	kJ	
fatty acids, total saturated	2.4	g	77
fatty acids, total monounsaturated	3.7	g	77
fatty acids, total polyunsaturated	4.1	g	77
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
fibre, total dietary	0	g	
protein, total	20.8	g	77
alcohol	0	g	
water	65.2	g	77
organic acids, total	0	g	
cholesterol	116	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	8.4	µg	77
alpha-tocopherol	0.32	mg	77
thiamin	0.23	mg	77
riboflavin	0.11	mg	77
niacin, preformed	2.9	mg	77
niacin equivalents, total	6.8	mg	
niacin equivalents from tryptophan	3.9	mg	77
vitamin B-6, total	0.27	mg	77
vitamin B-12	4.2	µg	
vitamin C	0	mg	
folate, total	25	µg	77
iodide	17	µg	1138
sodium	170	mg	77
potassium	370	mg	77
calcium	30	mg	77
phosphorus	290	mg	77
magnesium	34	mg	77
iron, total	0.8	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.
1138	TDS_Iodo_2016_INSA_LAB