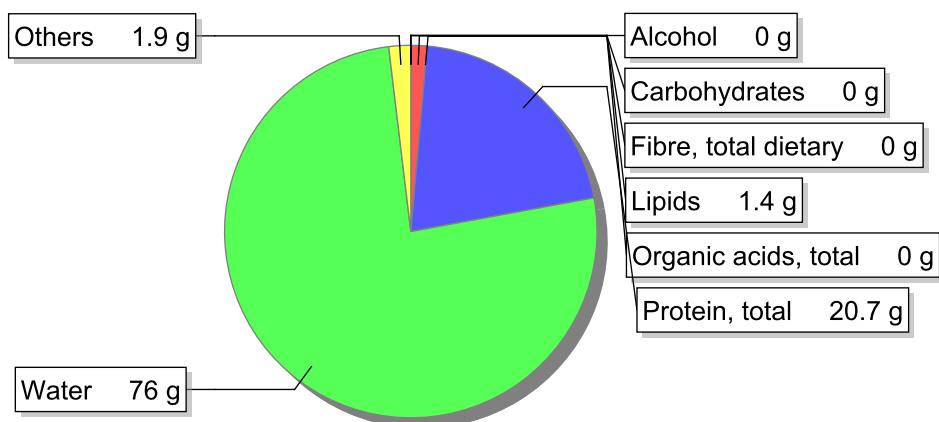


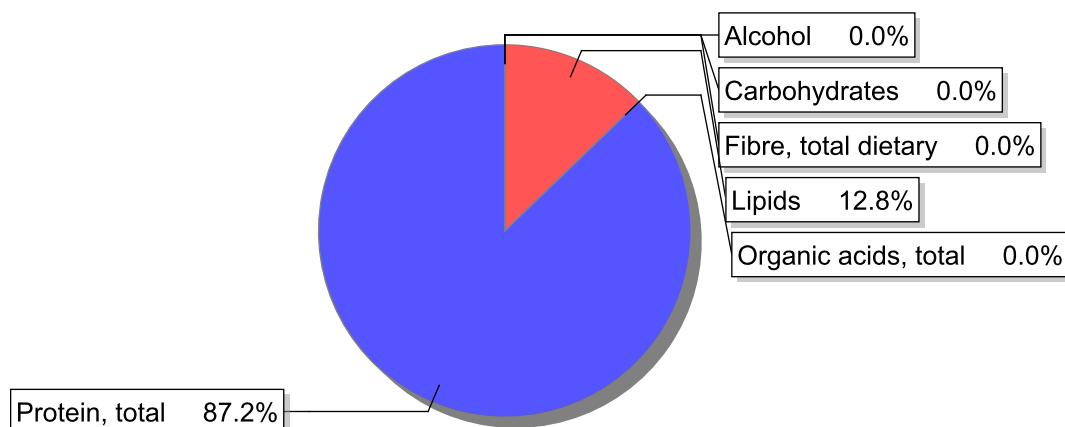
Food

Name: Meagre, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 74%
Code: IS827
FoodEX2 Code: A0FAZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	95	kcal	
energy kJ, total metabolisable	404	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	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	20.7	g	
alcohol	0	g	
water	76	g	
organic acids, total	0	g	
cholesterol	54	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	16	µg	
alpha-tocopherol	0.48	mg	
thiamin	0.05	mg	
riboflavin	0.15	mg	
niacin, preformed	2.6	mg	
niacin equivalents, total	6.5	mg	
niacin equivalents from tryptophan	3.9	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	1.90	g	
sodium	310	mg	
potassium	390	mg	
calcium	11	mg	
phosphorus	230	mg	
magnesium	40	mg	
iron, total	0.2	mg	
zinc	0.5	mg	

Legend

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

References