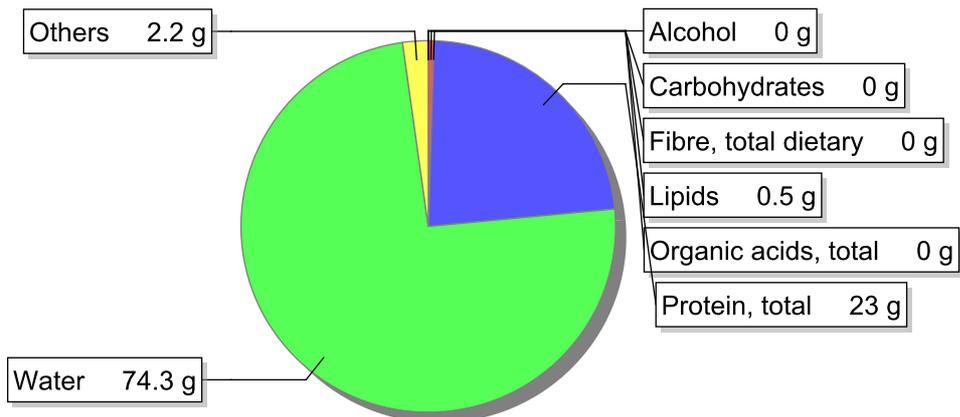


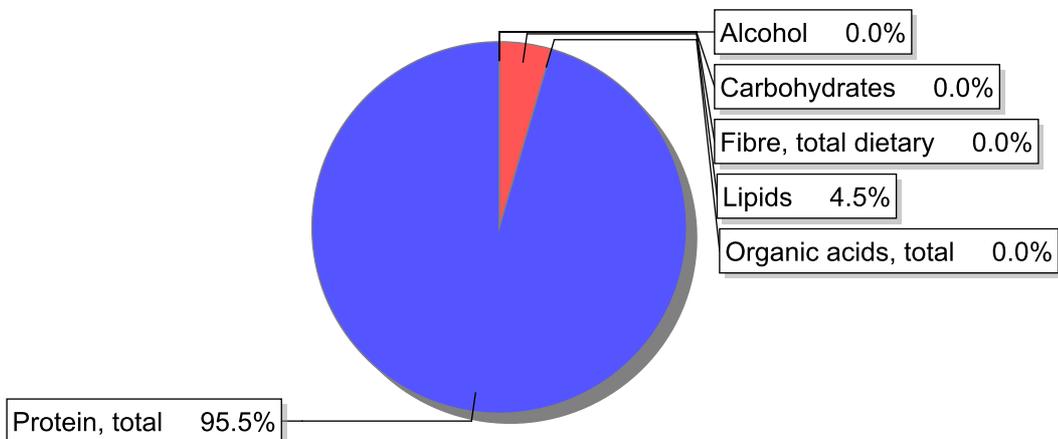
Food

Name: Alfonsino, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 41%
Code: IS843
FoodEX2 Code: A0FBH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	97	kcal	
energy kJ, total metabolisable	410	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	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	
starch, total	0	g	
protein, total	23	g	
alcohol	0	g	
water	74.3	g	
organic acids, total	0	g	
cholesterol	39	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	3.1	µg	
alpha-tocopherol	0.79	mg	
thiamin	0.1	mg	
riboflavin	0.02	mg	
niacin, preformed	4.5	mg	
niacin equivalents, total	8.8	mg	
niacin equivalents from tryptophan	4.3	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0.37	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	2.20	g	
sodium	390	mg	
potassium	340	mg	
calcium	18	mg	
phosphorus	240	mg	
magnesium	37	mg	
iron, total	0.3	mg	
zinc	0.5	mg	

Legend

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

References