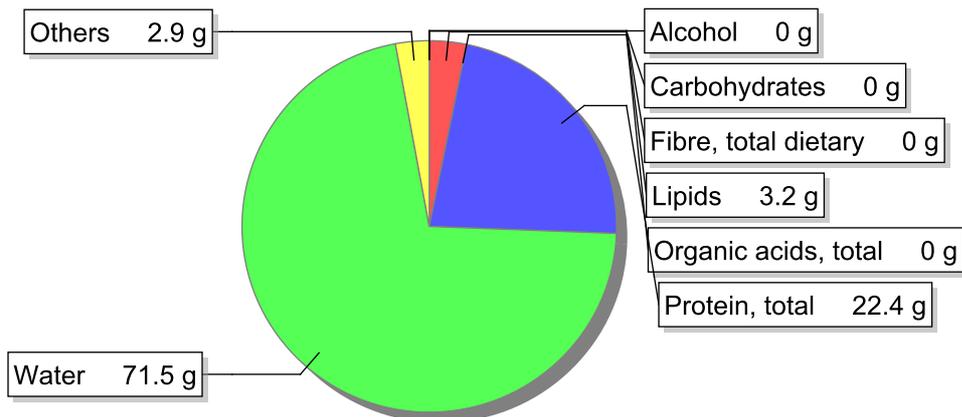


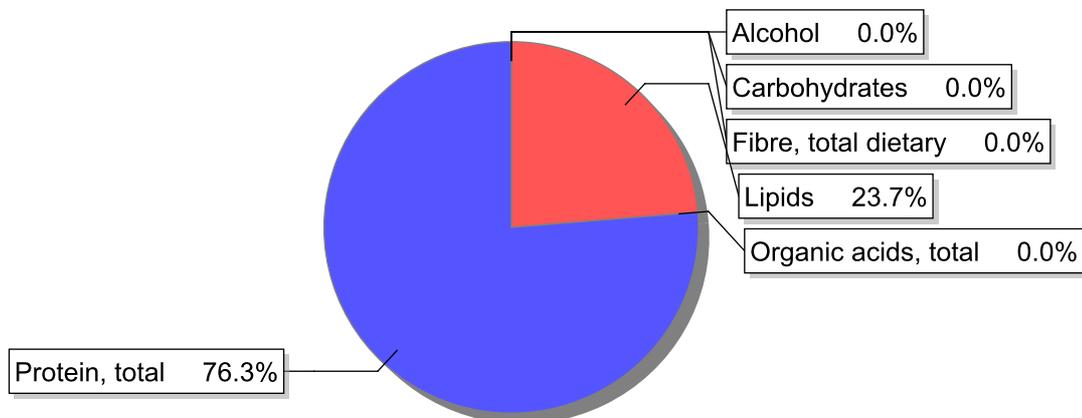
Food

Name: Red seabream, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 44%
Code: IS839
FoodEX2 Code: A029V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	118	kcal	
energy kJ, total metabolisable	499	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	0.9	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	
salt	1	g	
starch, total	0	g	
protein, total	22.4	g	
alcohol	0	g	
water	71.5	g	
organic acids, total	0	g	
cholesterol	43	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	21	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	17	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.05	mg	
riboflavin	0.08	mg	
niacin, preformed	3	mg	
niacin equivalents, total	7.2	mg	
niacin equivalents from tryptophan	4.2	mg	
vitamin B-6, total	0.41	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	2.70	g	
sodium	420	mg	
potassium	390	mg	
calcium	9	mg	
phosphorus	290	mg	
magnesium	36	mg	
iron, total	0.4	mg	
zinc	0.9	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB