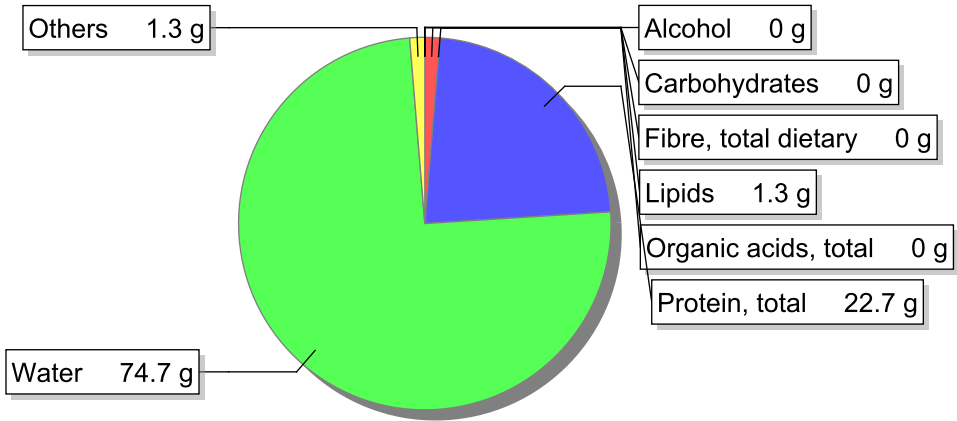


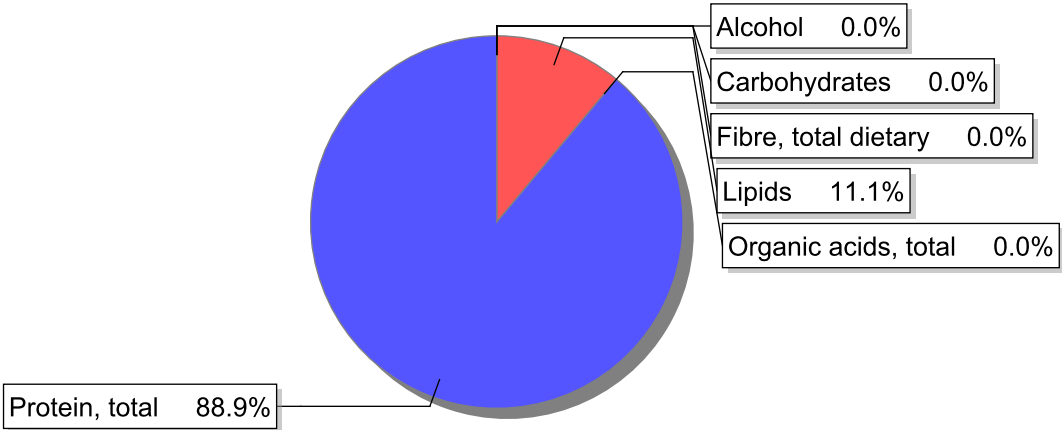
Food

Name: Octopus, boiled, no salt added
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 74%
Code: IS918
FoodEX2 Code: A02JE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	103	kcal	
energy kJ, total metabolisable	434	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.6	g	77
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	0.4	g	
fibre, total dietary	0	g	
protein, total	22.7	g	77
alcohol	0	g	
water	74.7	g	77
organic acids, total	0	g	
cholesterol	105	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	2.1	mg	77
thiamin	0.01	mg	77
riboflavin	0.04	mg	77
niacin, preformed	2.5	mg	77
niacin equivalents, total	7.6	mg	
niacin equivalents from tryptophan	5.1	mg	77
vitamin B-6, total	0.05	mg	77
vitamin B-12	1.7	µg	77
vitamin C	0	mg	
folate, total	13	µg	77
iodide	13	µg	1138
sodium	180	mg	77
potassium	160	mg	77
calcium	26	mg	77
phosphorus	190	mg	77
magnesium	49	mg	77
iron, total	0.5	mg	77
zinc	2.4	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.
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