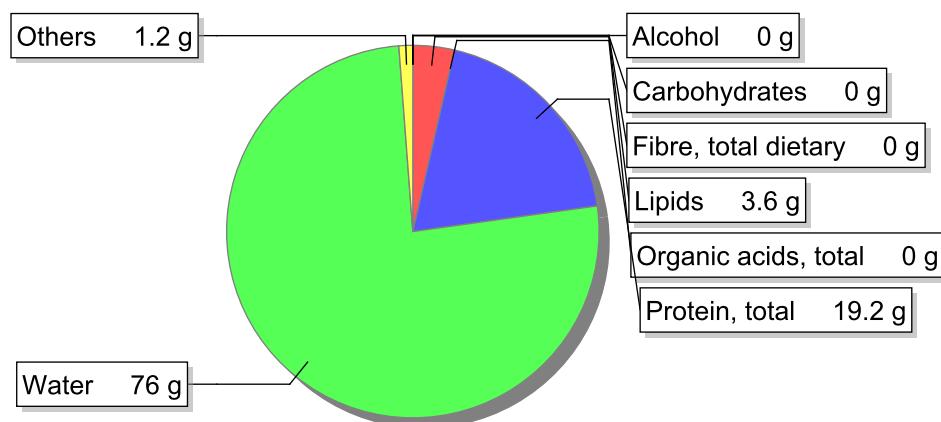


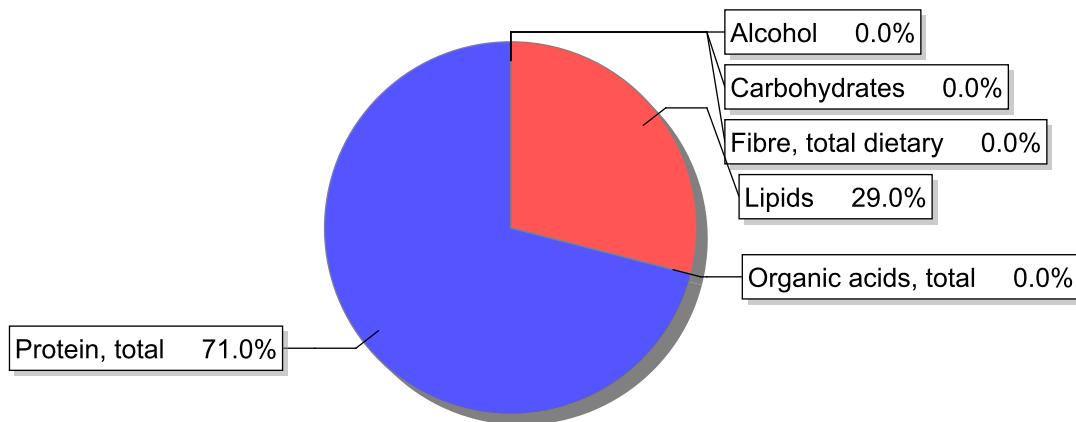
Food

Name: Hake, boiled, weighted mean
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 84%
Code: IS967
FoodEX2 Code: A02CB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	109	kcal	
energy kJ, total metabolisable	460	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	1.3	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	0.5	g	
fibre, total dietary	0	g	
protein, total	19.2	g	
alcohol	0	g	
water	76	g	
organic acids, total	0	g	
cholesterol	25	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.6	µg	
alpha-tocopherol	0.6	mg	
thiamin	0.07	mg	
riboflavin	0.03	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.67	µg	
vitamin C	0	mg	
folate, total	24	µg	
ash	1.40	g	
sodium	190	mg	
potassium	350	mg	
calcium	19	mg	
phosphorus	200	mg	
magnesium	33	mg	
iron, total	0.6	mg	
zinc	0.7	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB