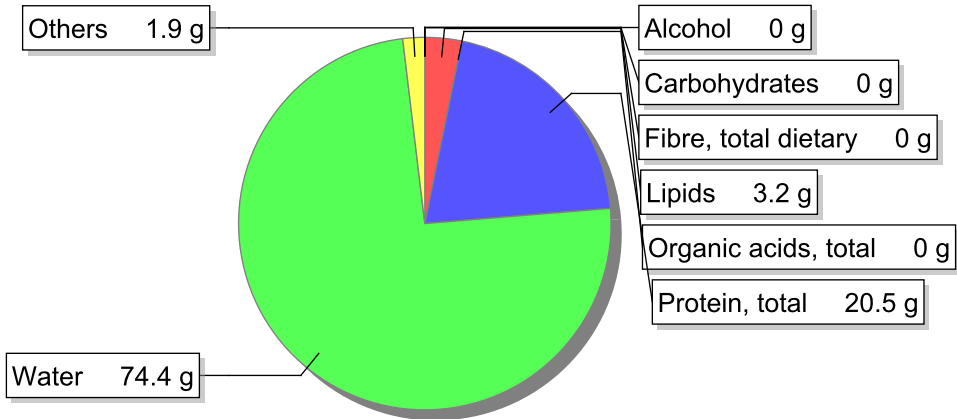


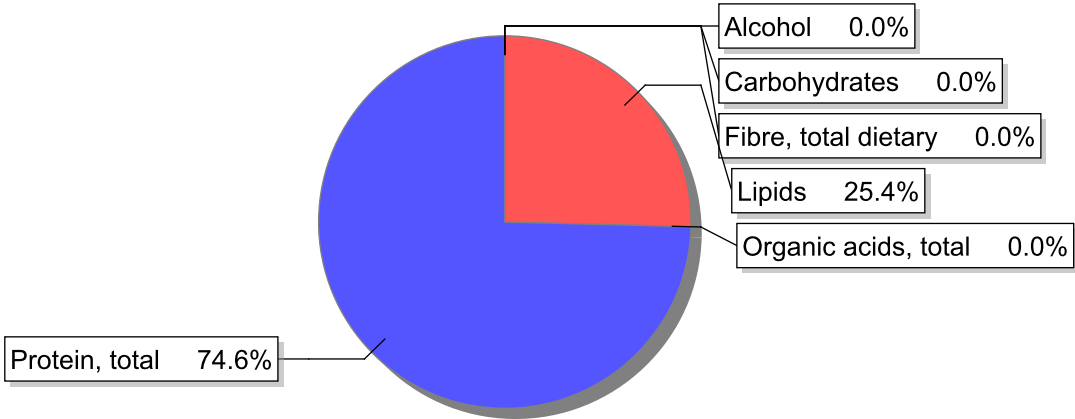
Food

Name: Black scabbardfish, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 58%
Code: IS860
FoodEX2 Code: A0FBG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	111	kcal	
energy kJ, total metabolisable	467	kJ	
fatty acids, total saturated	0.6	g	77
fatty acids, total monounsaturated	1.7	g	77
fatty acids, total polyunsaturated	0.4	g	77
fatty acid 18:2 n-6 cis,cis	0.1	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	20.5	g	77
alcohol	0	g	
water	74.4	g	77
organic acids, total	0	g	
cholesterol	29	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	26	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.4	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.01	mg	
riboflavin	0.04	mg	
niacin, preformed	2.1	mg	
niacin equivalents, total	5.9	mg	
niacin equivalents from tryptophan	3.8	mg	77
vitamin B-6, total	0.16	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	8.5	µg	
ash	2.30	g	77
sodium	480	mg	
potassium	360	mg	
calcium	18	mg	
phosphorus	210	mg	
magnesium	33	mg	
iron, total	0.1	mg	
zinc	0.6	mg	

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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