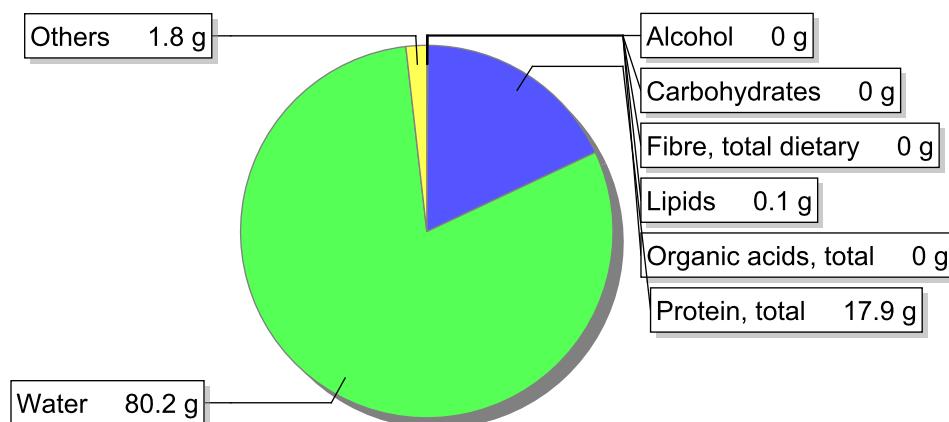


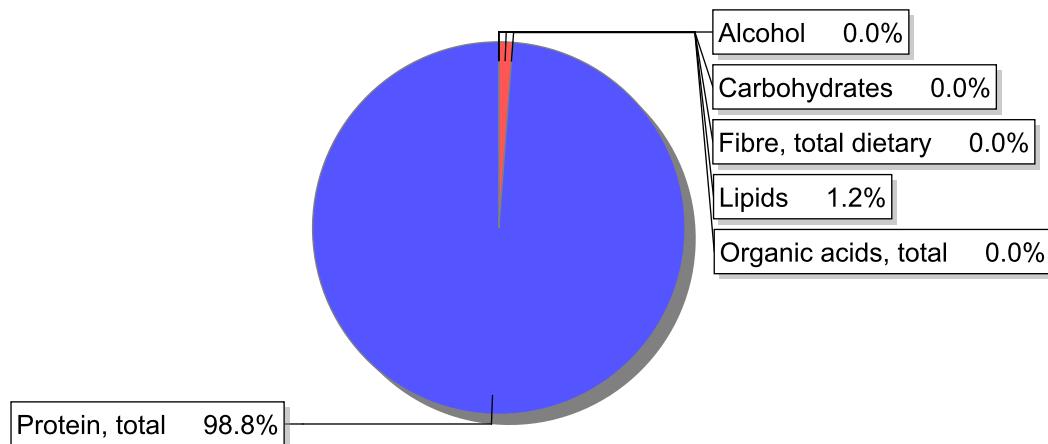
Food

Name: Ling, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 75%
Code: IS849
FoodEX2 Code: A02CC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	73	kcal	
energy kJ, total metabolisable	308	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
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	
salt	1	g	
starch, total	0	g	
protein, total	17.9	g	
alcohol	0	g	
water	80.2	g	
organic acids, total	0	g	
cholesterol	31	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.04	mg	
riboflavin	0.02	mg	
niacin, preformed	0.52	mg	
niacin equivalents, total	3.8	mg	
niacin equivalents from tryptophan	3.3	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.48	µg	
vitamin C	0	mg	
folate, total	6.8	µg	
iodide	27	µg	1138
sodium	380	mg	
potassium	240	mg	
calcium	22	mg	
phosphorus	180	mg	
magnesium	30	mg	
iron, total	0.2	mg	
zinc	0.8	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB