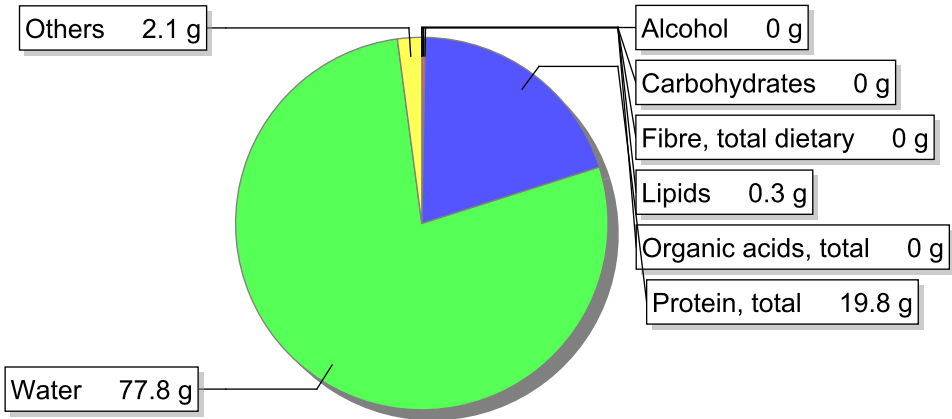


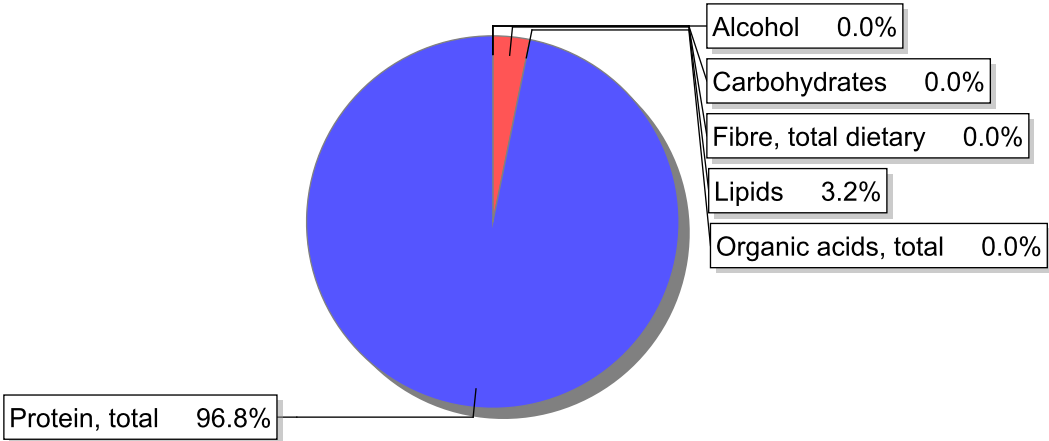
Food

Name: Red porgy, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 50%
Code: IS851
FoodEX2 Code: A029V

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	82	kcal	
energy kJ, total metabolisable	348	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	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	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	19.8	g	
alcohol	0	g	
water	77.8	g	
organic acids, total	0	g	
cholesterol	41	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	8.8	µg	
alpha-tocopherol	0.49	mg	
thiamin	0.2	mg	
riboflavin	0.02	mg	
niacin, preformed	4.9	mg	
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	1.8	µg	
vitamin C	0	mg	
folate, total	9.8	µg	
iodide	110	µg	1138
sodium	330	mg	
potassium	420	mg	
calcium	6	mg	
phosphorus	250	mg	
magnesium	46	mg	
iron, total	0.8	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