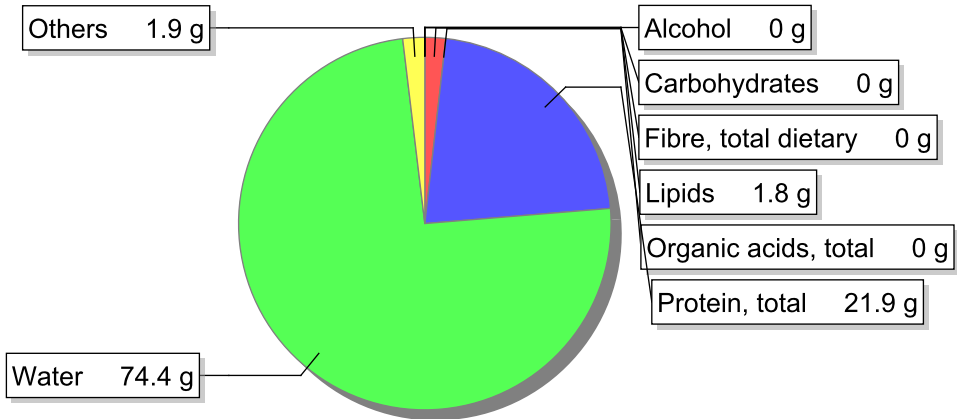


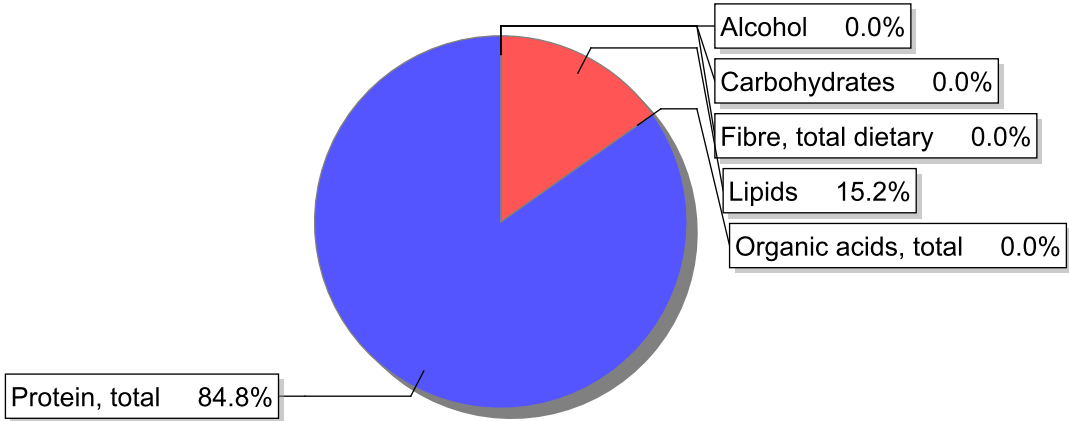
Food

Name: Plaice, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 56%
Code: IS892
FoodEX2 Code: A02BE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	104	kcal	
energy kJ, total metabolisable	439	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	0.5	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	1	g	
fibre, total dietary	0	g	
protein, total	21.9	g	
alcohol	0	g	
water	74.4	g	
organic acids, total	0	g	
cholesterol	98	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	11	µg	
alpha-tocopherol	0.42	mg	
thiamin	0.12	mg	
riboflavin	0.05	mg	
niacin, preformed	0.56	mg	
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	4.1	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	1.5	µg	
vitamin C	0	mg	
folate, total	8.2	µg	
ash	1.90	g	
sodium	410	mg	
potassium	240	mg	
calcium	61	mg	
phosphorus	190	mg	
magnesium	32	mg	
iron, total	0.4	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