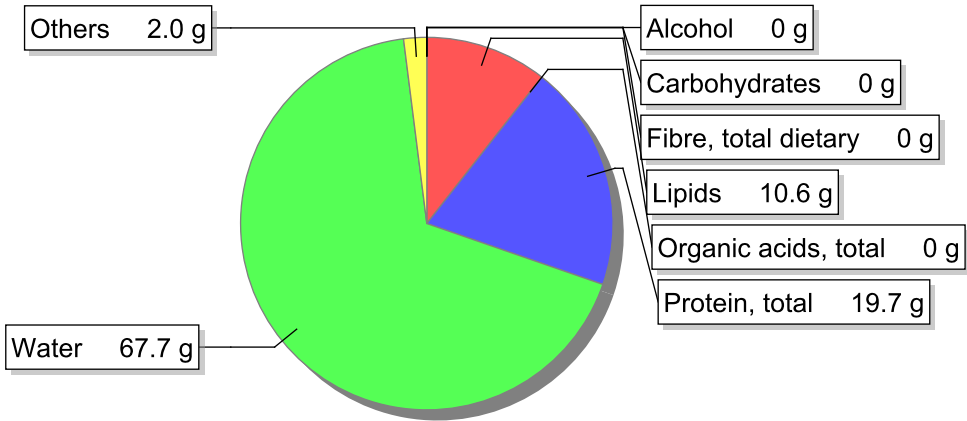


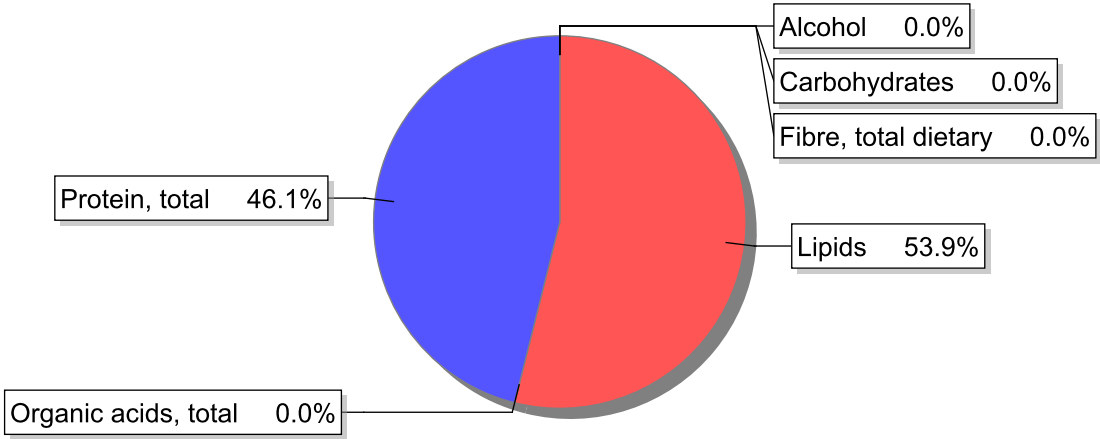
Food

Name: Mackerel, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 60%
Code: IS880
FoodEX2 Code: A02CV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	174	kcal	
energy kJ, total metabolisable	727	kJ	
fatty acids, total saturated	2.8	g	
fatty acids, total monounsaturated	3.5	g	
fatty acids, total polyunsaturated	3.1	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.2	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	19.7	g	
alcohol	0	g	
water	67.7	g	
organic acids, total	0	g	
cholesterol	48	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	48	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	6.9	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.09	mg	
riboflavin	0.14	mg	
niacin, preformed	4.3	mg	
niacin equivalents, total	8	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	7.2	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	2.00	g	
sodium	330	mg	
potassium	290	mg	
calcium	60	mg	
phosphorus	250	mg	
magnesium	27	mg	
iron, total	0.1	mg	
zinc	2.6	mg	

Legend

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

References