

Food

Name: Sardine, high-fat, grilled

Group: Fish and fish products

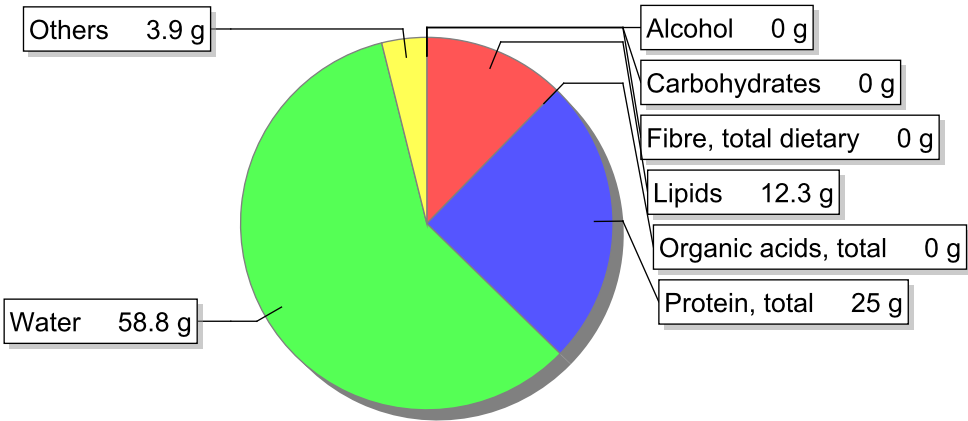
Subgroup: Fish (includes fish dishes)

Edible Part: 54%

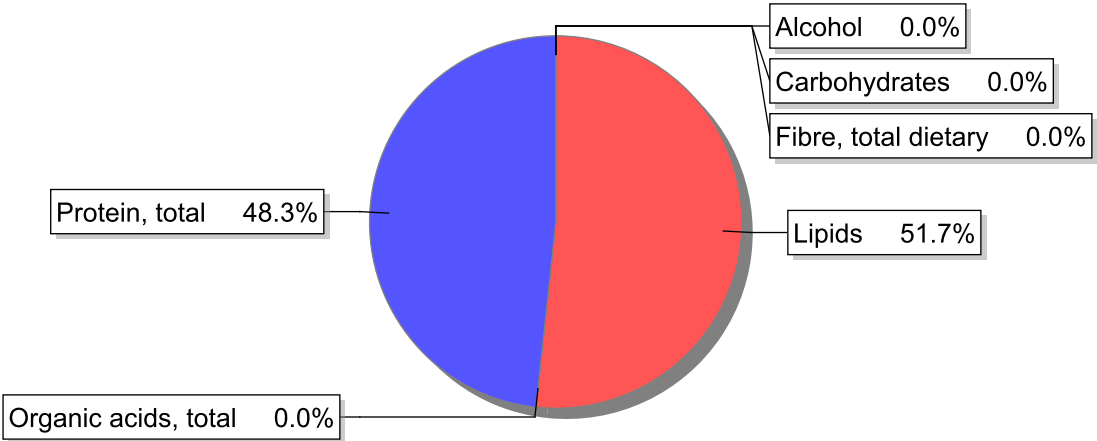
Code: IS883

FoodEX2 Code: A02DB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	211	kcal	
energy kJ, total metabolisable	880	kJ	
fatty acids, total saturated	4.4	g	77
fatty acids, total monounsaturated	2	g	77
fatty acids, total polyunsaturated	4.5	g	77
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.4	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	25	g	77
alcohol	0	g	
water	58.8	g	77
organic acids, total	0	g	
cholesterol	43	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	23	µg	
alpha-tocopherol	0.71	mg	
thiamin	0.01	mg	
riboflavin	0.1	mg	
niacin, preformed	5.3	mg	
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.7	mg	77
vitamin B-6, total	0.61	mg	
vitamin B-12	12	µg	
vitamin C	0	mg	
folate, total	16	µg	
ash	2.90	g	77
sodium	400	mg	
potassium	420	mg	
calcium	97	mg	
phosphorus	380	mg	
magnesium	38	mg	
iron, total	1.1	mg	
zinc	2	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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