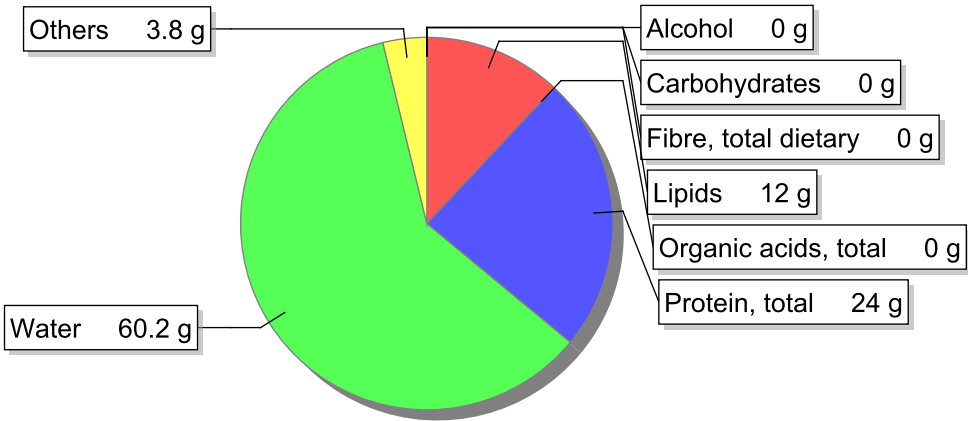


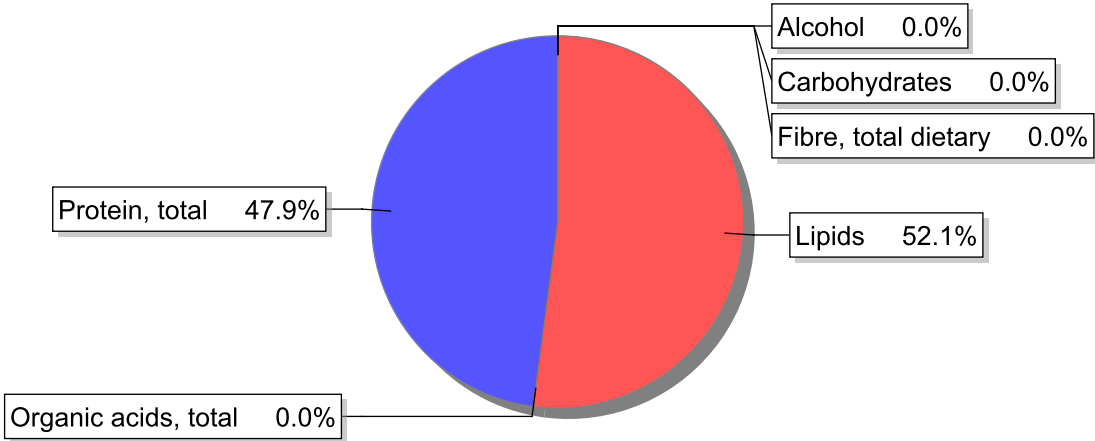
Food

Name: Sardine, canned in olive oil
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS888
FoodEX2 Code: A0FBZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	204	kcal	
energy kJ, total metabolisable	852	kJ	
fatty acids, total saturated	3	g	77
fatty acids, total monounsaturated	5.7	g	77
fatty acids, total polyunsaturated	2.8	g	77
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0.3	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	24	g	77
alcohol	0	g	
water	60.2	g	77
organic acids, total	0	g	
cholesterol	65	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	8.8	µg	77
alpha-tocopherol	1.5	mg	77
thiamin	0.01	mg	77
riboflavin	0.04	mg	77
niacin, preformed	6	mg	77
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.5	mg	77
vitamin B-6, total	0.1	mg	77
vitamin B-12	14	µg	
vitamin C	0	mg	
folate, total	21	µg	77
ash	3.20	g	77
sodium	190	mg	77
potassium	370	mg	77
calcium	450	mg	77
phosphorus	640	mg	77
magnesium	42	mg	77
iron, total	3	mg	77
zinc	2.5	mg	77

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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