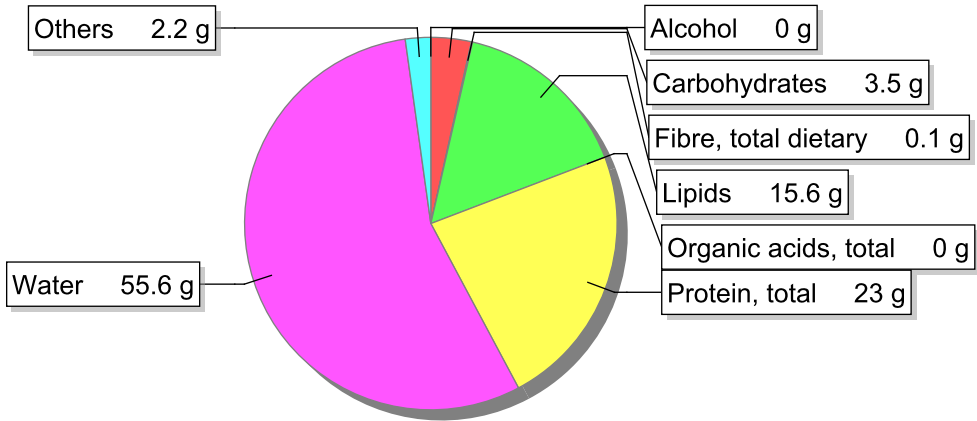


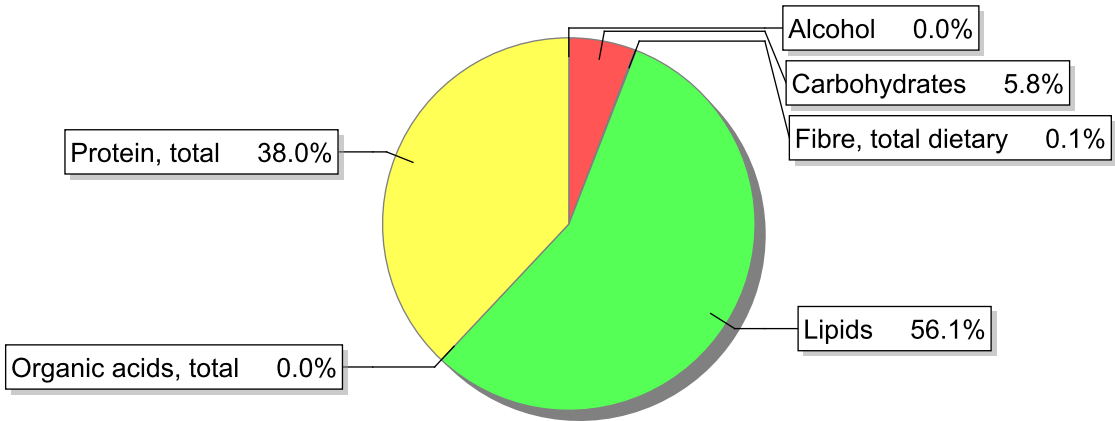
Food

Name: Sardine, high-fat, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 54%
Code: IS884
FoodEX2 Code: A02DB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	247	kcal	
energy kJ, total metabolisable	1030	kJ	
fatty acids, total saturated	4.5	g	
fatty acids, total monounsaturated	3	g	
fatty acids, total polyunsaturated	6.5	g	
fatty acid 18:2 n-6 cis,cis	2.3	g	
fatty acids, total trans	0.4	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.1	g	
protein, total	23	g	
alcohol	0	g	
water	55.6	g	
organic acids, total	0	g	
cholesterol	39	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	45	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	20	µg	
alpha-tocopherol	2.4	mg	
thiamin	0.01	mg	
riboflavin	0.08	mg	
niacin, preformed	4.9	mg	
niacin equivalents, total	9.2	mg	
niacin equivalents from tryptophan	4.3	mg	
vitamin B-6, total	0.56	mg	
vitamin B-12	11	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	2.30	g	
sodium	360	mg	
potassium	380	mg	
calcium	88	mg	
phosphorus	350	mg	
magnesium	35	mg	
iron, total	1.1	mg	
zinc	1.9	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB