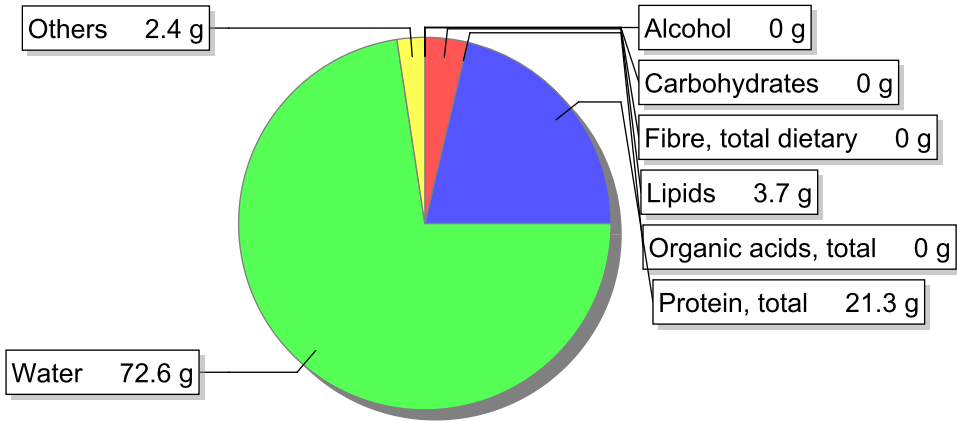


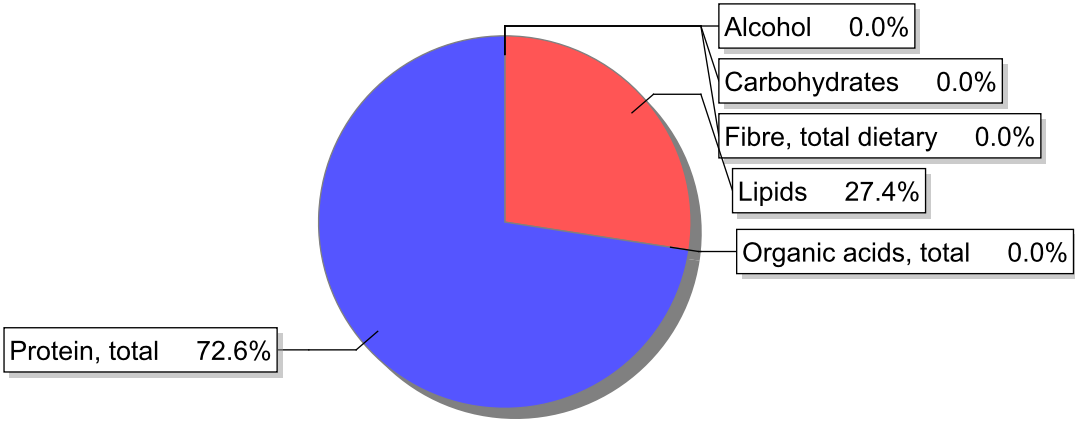
Food

Name: Rainbow trout, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 53%
Code: IS906
FoodEX2 Code: A029N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	119	kcal	
energy kJ, total metabolisable	499	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	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	21.3	g	
alcohol	0	g	
water	72.6	g	
organic acids, total	0	g	
cholesterol	45	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	10	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	22	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.09	mg	
riboflavin	0.05	mg	
niacin, preformed	4.5	mg	
niacin equivalents, total	8.5	mg	
niacin equivalents from tryptophan	4	mg	
vitamin B-6, total	0.28	mg	
vitamin B-12	2.2	µg	
vitamin C	0	mg	
folate, total	8.2	µg	
ash	2.40	g	
sodium	350	mg	
potassium	420	mg	
calcium	25	mg	
phosphorus	310	mg	
magnesium	30	mg	
iron, total	0.3	mg	
zinc	0.8	mg	

Legend

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

References