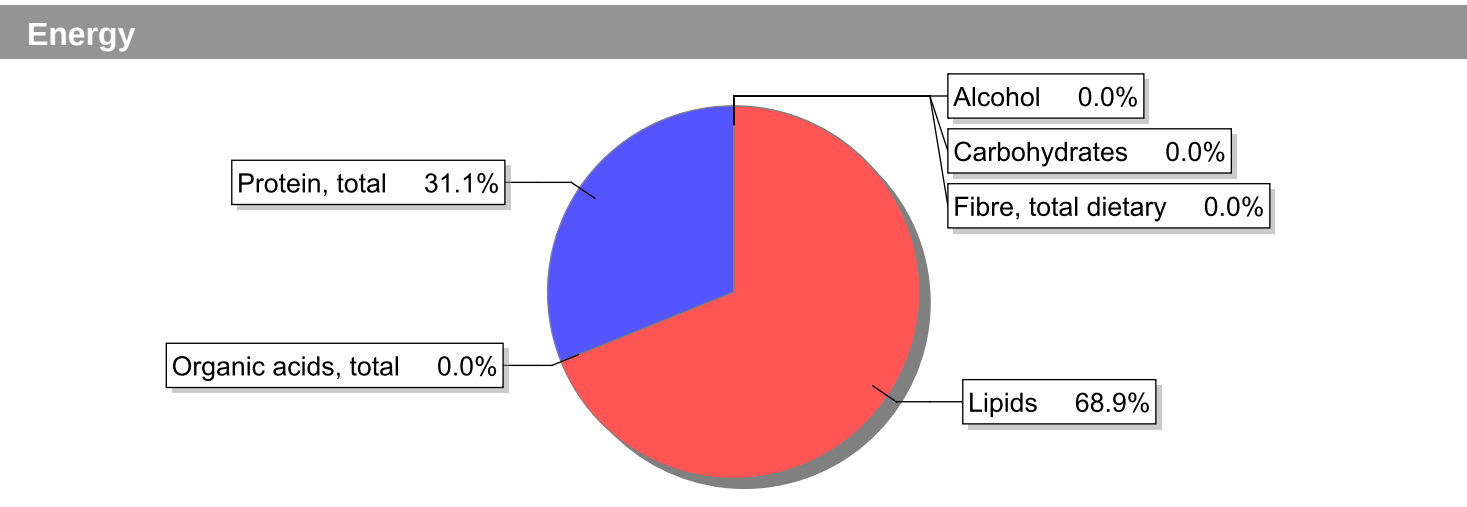
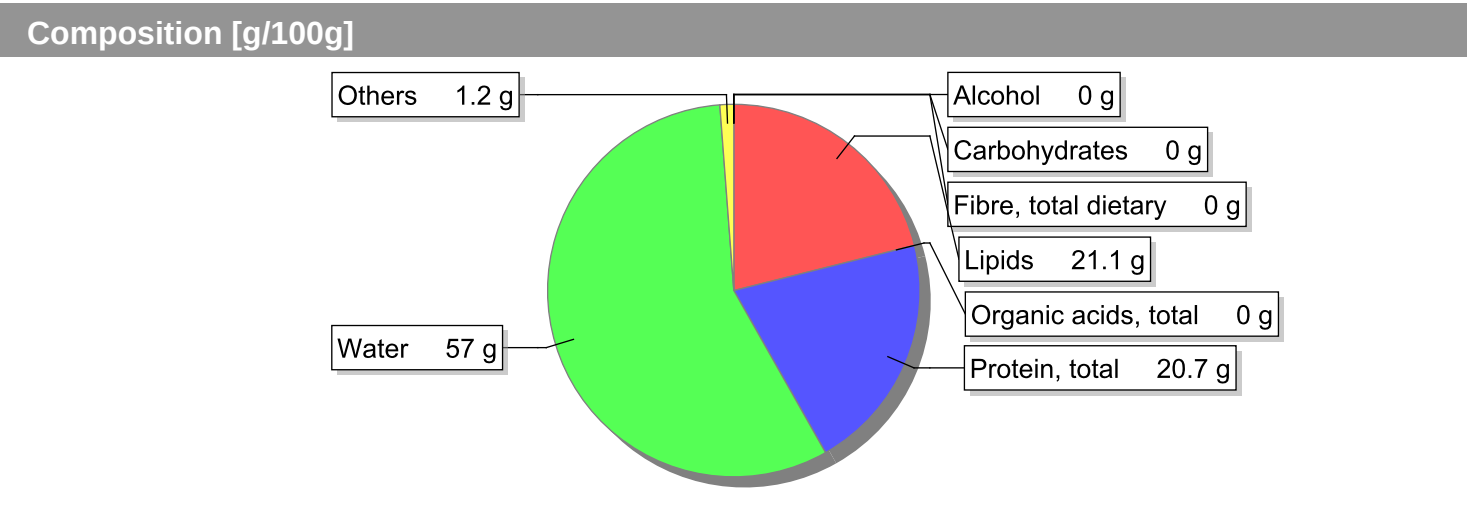


Food	
Name:	Salmon, boiled
Group:	Fish and fish products
Subgroup:	Fish (includes fish dishes)
Edible Part:	89%
Code:	IS877
FoodEX2 Code:	A0C75



Nutritive content per 100g edible portion			
Name	Value	Unit	Source(s)
energy kcal, total metabolisable	273	kcal	
energy kJ, total metabolisable	1130	kJ	
fatty acids, total saturated	4	g	77
fatty acids, total monounsaturated	7.8	g	77
fatty acids, total polyunsaturated	6.6	g	77
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.4	g	
starch, total	0	g	
protein, total	20.7	g	77
alcohol	0	g	
water	57	g	77
organic acids, total	0	g	
cholesterol	45	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	65	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	11	µg	77
alpha-tocopherol	5.3	mg	77
thiamin	0.17	mg	77
riboflavin	0.08	mg	77
niacin, preformed	3	mg	77
niacin equivalents, total	6.9	mg	
niacin equivalents from tryptophan	3.9	mg	77
vitamin B-6, total	0.34	mg	77
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	8.4	µg	77
ash	1.10	g	77
sodium	150	mg	77
potassium	230	mg	77
calcium	61	mg	77
phosphorus	220	mg	77
magnesium	26	mg	77
iron, total	0.3	mg	77
zinc	0.8	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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