

Food

Name: Horse mackerel, small size (about 15cm), raw

Group: Fish and fish products

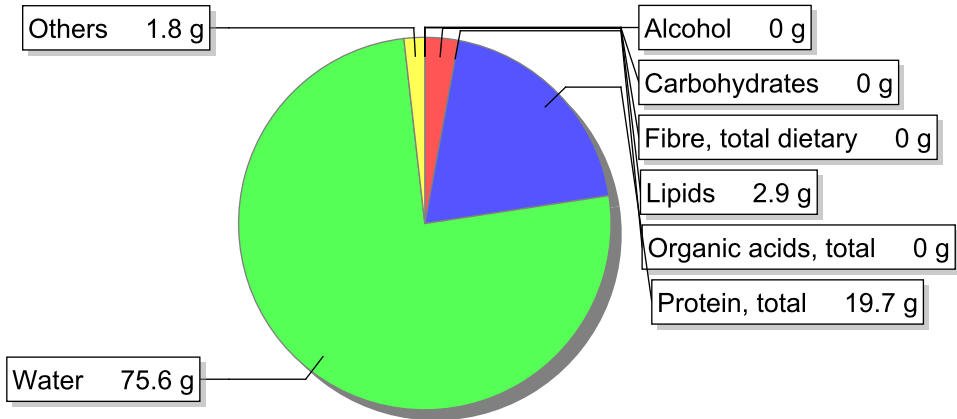
Subgroup: Fish (includes fish dishes)

Edible Part: 50%

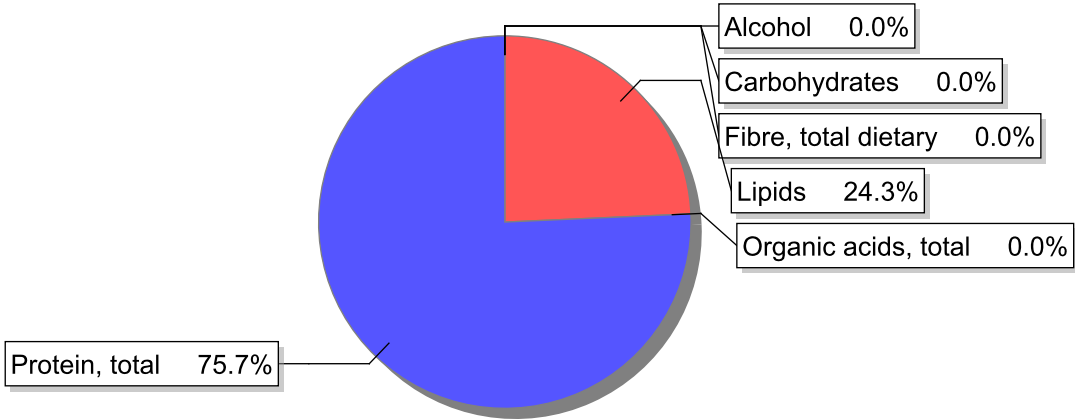
Code: IS817

FoodEX2 Code: A02CN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	105	kcal	
energy kJ, total metabolisable	442	kJ	
fatty acids, total saturated	0.7	g	77
fatty acids, total monounsaturated	0.8	g	77
fatty acids, total polyunsaturated	0.9	g	77
fatty acid 18:2 n-6 cis,cis	0	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	19.7	g	77
alcohol	0	g	
water	75.6	g	77
organic acids, total	0	g	
cholesterol	36	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	15	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.1	µg	77
alpha-tocopherol	0.37	mg	77
thiamin	0.15	mg	77
riboflavin	0.15	mg	77
niacin, preformed	5	mg	77
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	3.7	mg	77
vitamin B-6, total	0.36	mg	77
vitamin B-12	5.7	µg	77
vitamin C	0	mg	
folate, total	15	µg	77
ash	1.40	g	77
sodium	80	mg	77
potassium	400	mg	77
calcium	69	mg	
phosphorus	260	mg	77
magnesium	33	mg	77
iron, total	1.2	mg	77
zinc	1.2	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.