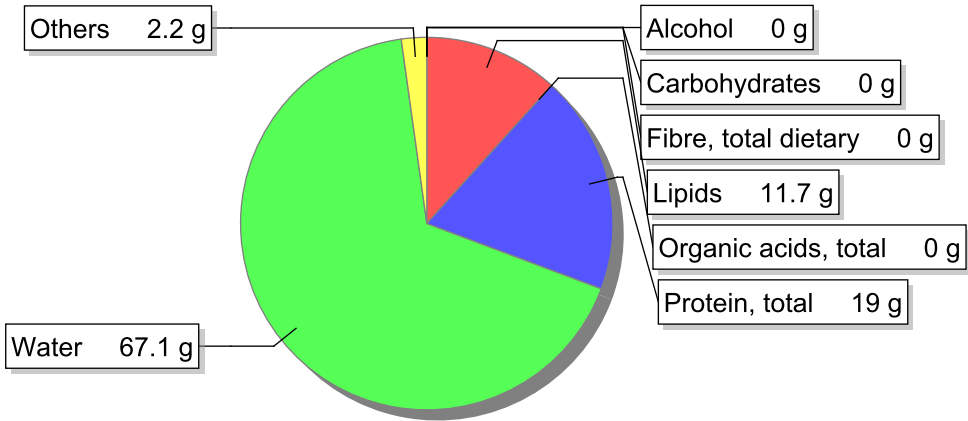


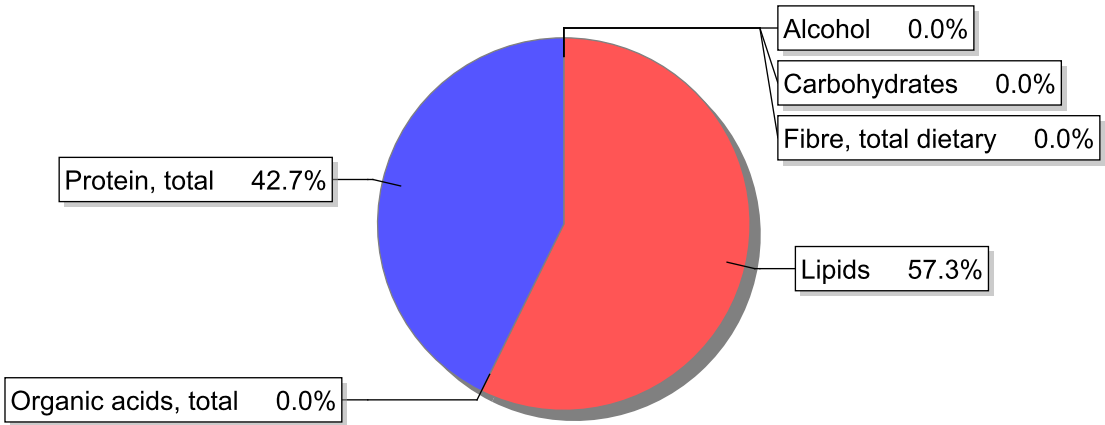
Food

Name: Mackerel, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 60%
Code: IS879
FoodEX2 Code: A02CV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	181	kcal	
energy kJ, total metabolisable	756	kJ	
fatty acids, total saturated	3.1	g	77
fatty acids, total monounsaturated	3.8	g	77
fatty acids, total polyunsaturated	3.5	g	77
fatty acid 18:2 n-6 cis,cis	0.2	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	
fibre, total dietary	0	g	
protein, total	19	g	77
alcohol	0	g	
water	67.1	g	77
organic acids, total	0	g	
cholesterol	45	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	64	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	9.3	µg	77
alpha-tocopherol	1.5	mg	77
thiamin	0.11	mg	77
riboflavin	0.19	mg	77
niacin, preformed	5.8	mg	77
niacin equivalents, total	9.3	mg	
niacin equivalents from tryptophan	3.5	mg	77
vitamin B-6, total	0.43	mg	77
vitamin B-12	8.4	µg	77
vitamin C	0	mg	
folate, total	15	µg	77
ash	1.30	g	77
sodium	76	mg	77
potassium	370	mg	77
calcium	56	mg	77
phosphorus	270	mg	77
magnesium	30	mg	77
iron, total	0.1	mg	77
zinc	2.7	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.