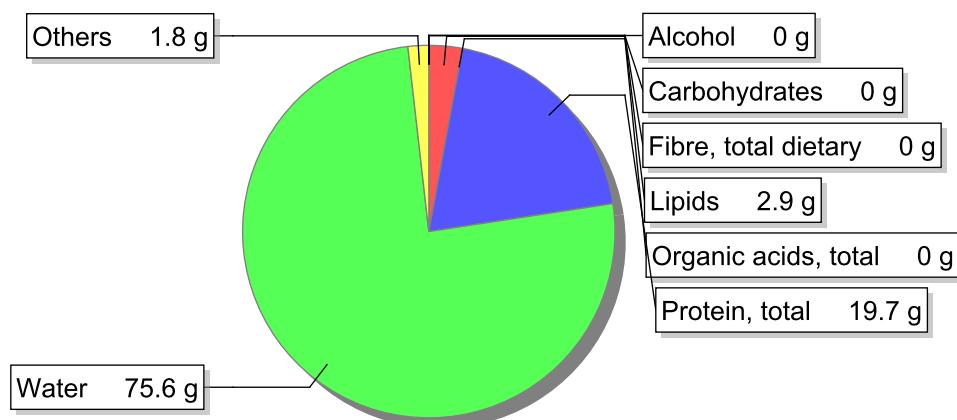


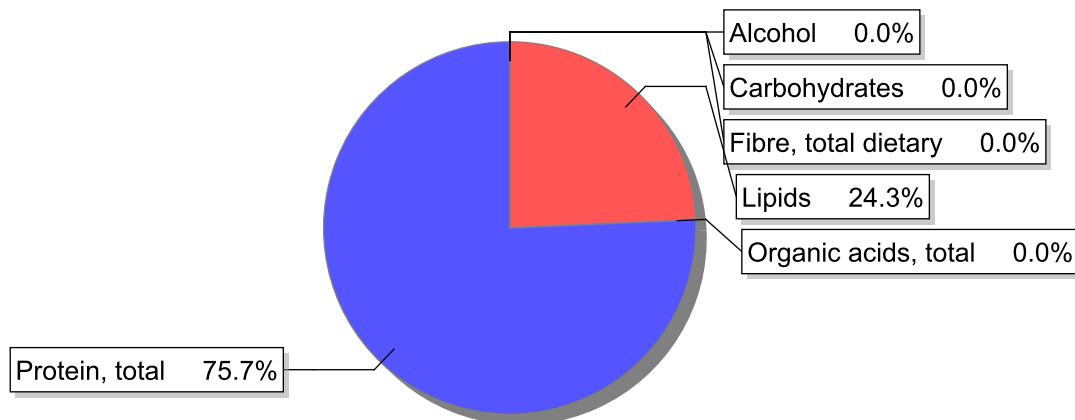
Food

Name: Horse mackerel, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 55%
Code: IS823
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	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.9	g	
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	
alcohol	0	g	
water	75.6	g	
organic acids, total	0	g	
cholesterol	36	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	15	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.1	µg	
alpha-tocopherol	0.37	mg	
thiamin	0.15	mg	
riboflavin	0.15	mg	
niacin, preformed	5	mg	
niacin equivalents, total	8.7	mg	
niacin equivalents from tryptophan	3.7	mg	
vitamin B-6, total	0.36	mg	
vitamin B-12	5.7	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	1.40	g	
sodium	80	mg	
potassium	400	mg	
calcium	69	mg	
phosphorus	260	mg	
magnesium	33	mg	
iron, total	1.2	mg	
zinc	1.2	mg	

Legend

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

References