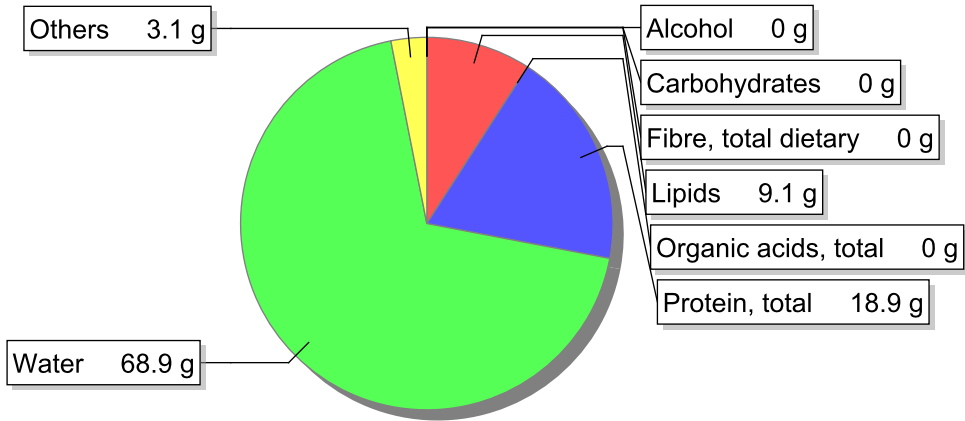


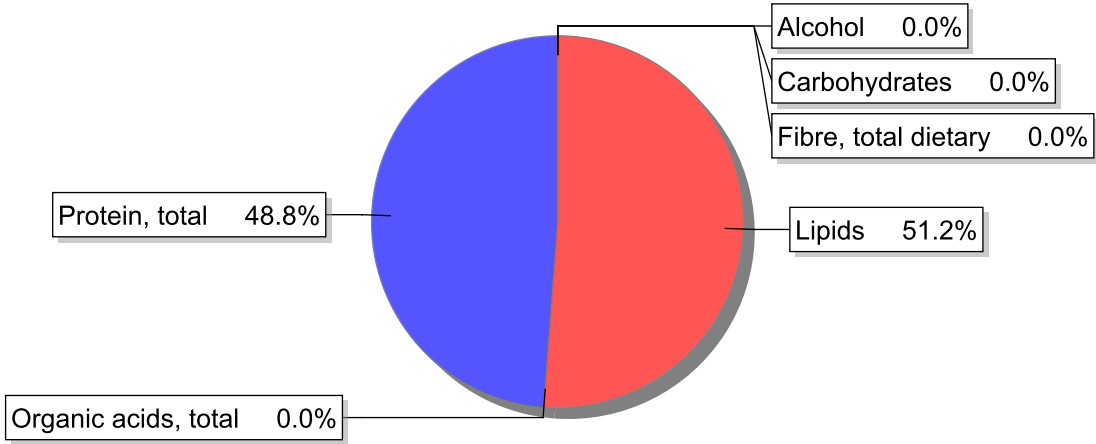
Food

Name: Sardine, medium-fat, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 57%
Code: IS885
FoodEX2 Code: A02DB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	158	kcal	
energy kJ, total metabolisable	658	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	2.2	g	
fatty acids, total polyunsaturated	3.3	g	
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	18.9	g	
alcohol	0	g	
water	68.9	g	
organic acids, total	0	g	
cholesterol	28	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	17	µg	
alpha-tocopherol	0.25	mg	
thiamin	0.01	mg	
riboflavin	0.14	mg	
niacin, preformed	6.2	mg	
niacin equivalents, total	9.7	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.41	mg	
vitamin B-12	10	µg	
vitamin C	0	mg	
folate, total	24	µg	
ash	1.60	g	
sodium	65	mg	
potassium	400	mg	
calcium	70	mg	
phosphorus	300	mg	
magnesium	29	mg	
iron, total	1.7	mg	
zinc	1.7	mg	

Legend

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

References