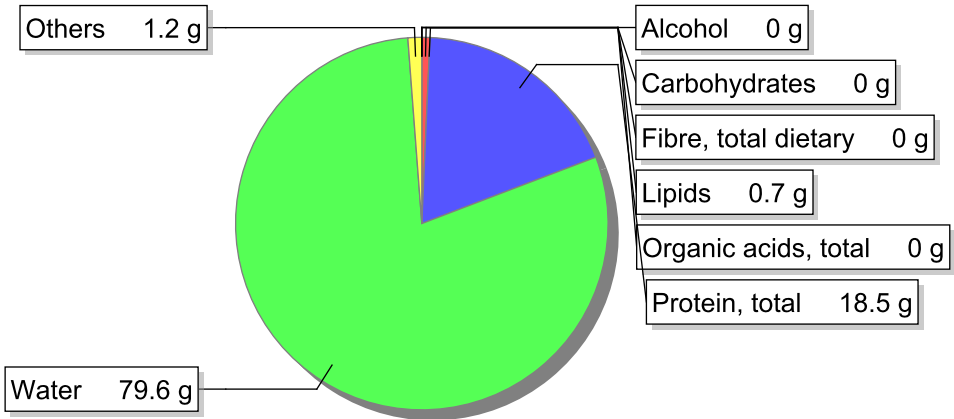


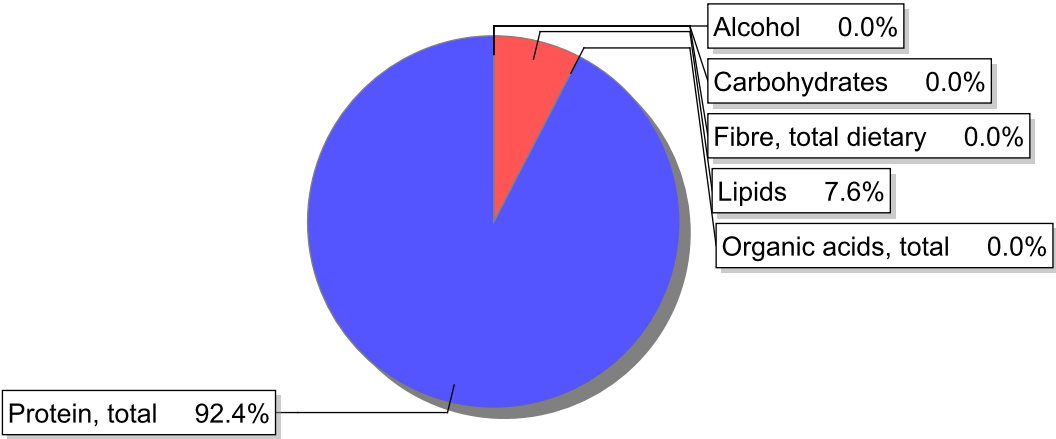
Food

Name: Rubberlip grunt, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 50%
Code: IS853
FoodEX2 Code: A029S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	80	kcal	
energy kJ, total metabolisable	340	kJ	
fatty acids, total saturated	0.1	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.2	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	18.5	g	77
alcohol	0	g	
water	79.6	g	77
organic acids, total	0	g	
cholesterol	34	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	77
alpha-tocopherol	1.9	mg	77
thiamin	0.13	mg	77
riboflavin	0.06	mg	77
niacin, preformed	1.6	mg	77
niacin equivalents, total	5.1	mg	
niacin equivalents from tryptophan	3.5	mg	77
vitamin B-6, total	0.22	mg	77
vitamin B-12	1.3	µg	77
vitamin C	0	mg	
folate, total	7	µg	77
ash	1.10	g	77
sodium	81	mg	77
potassium	320	mg	77
calcium	12	mg	77
phosphorus	180	mg	77
magnesium	28	mg	77
iron, total	0.5	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.