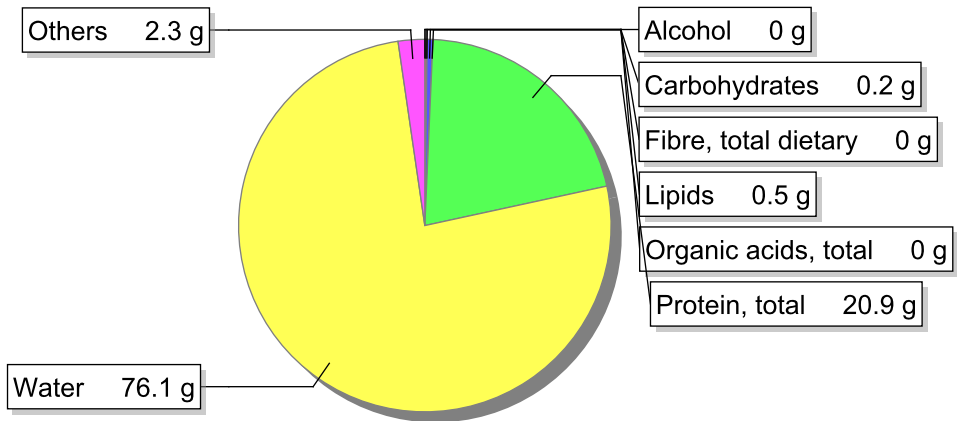


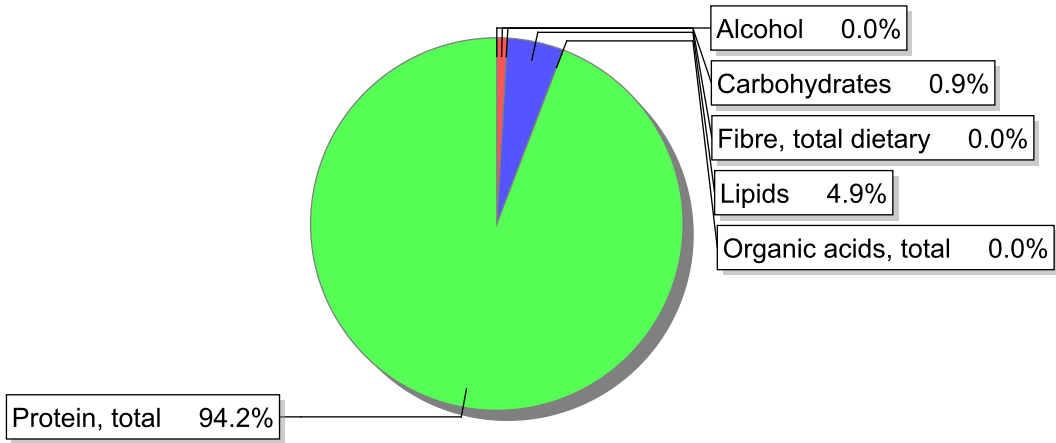
Food

Name: Crayfish, raw
Group: Fish and fish products
Subgroup: Crustacean
Edible Part: 23%
Code: IS922
FoodEX2 Code: A02FS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	89	kcal	
energy kJ, total metabolisable	377	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	20.9	g	77
alcohol	0	g	
water	76.1	g	77
organic acids, total	0	g	
cholesterol	68	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.09	mg	58
riboflavin	0.04	mg	58
niacin, preformed	2	mg	58
niacin equivalents, total	5.9	mg	
niacin equivalents from tryptophan	3.9	mg	77
vitamin B-6, total	0.08	mg	
vitamin B-12	1	µg	77
vitamin C	0	mg	
folate, total	11	µg	
ash	2.10	g	77
sodium	320	mg	58
potassium	190	mg	58
calcium	37	mg	58
phosphorus	200	mg	58
magnesium	42	mg	58
iron, total	1	mg	58
zinc	1.5	mg	58

Legend

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

References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.
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.