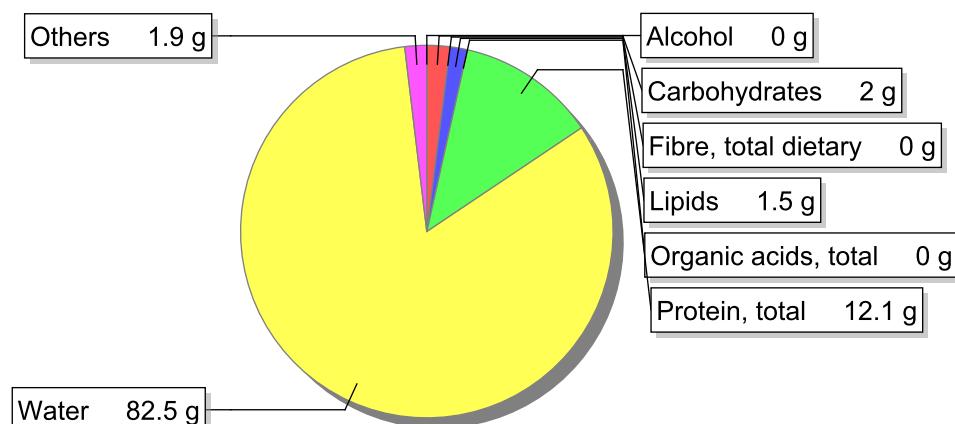


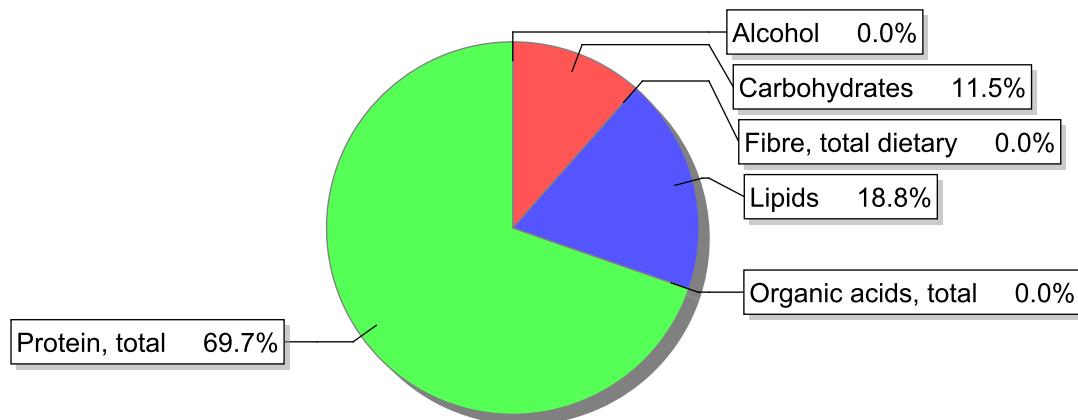
## Food

**Name:** Mussels, raw  
**Group:** Fish and fish products  
**Subgroup:** Shell-fish  
**Edible Part:** 28%  
**Code:** IS909  
**FoodEX2 Code:** A02HF

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 70    | kcal |           |
| energy kJ, total metabolisable     | 295   | kJ   |           |
| fatty acids, total saturated       | 0.3   | g    | 57        |
| fatty acids, total monounsaturated | 0.3   | g    | 57        |
| fatty acids, total polyunsaturated | 0.5   | 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  | 12.1  | g    | 57        |
| alcohol   | 0     | g    |           |
| water   | 82.5  | g    | 57        |
| organic acids, total  | 0     | g    |           |
| cholesterol   | 40    | mg   | 77        |
| vitamin A; retinol equiv from retinol and carotenoid activities | 360   | µg   |           |
| carotene, total (vitamin A precursors)                          | 0     | µg   |           |
| vitamin D   | 0     | µg   |           |
| alpha-tocopherol  | 0.74  | mg   |           |
| thiamin   | 0.1   | mg   | 57        |
| riboflavin  | 0.14  | mg   | 57        |
| niacin, preformed   | 1.2   | mg   | 57        |
| niacin equivalents, total                                       | 3.8   | mg   |           |
| niacin equivalents from tryptophan                              | 2.6   | mg   | 77        |
| vitamin B-6, total  | 0.08  | mg   |           |
| vitamin B-12  | 19    | µg   |           |
| vitamin C   | 0     | mg   |           |
| folate, total   | 37    | µg   |           |
| ash   | 2.10  | g    | 77        |
| sodium  | 290   | mg   |           |
| potassium   | 280   | mg   |           |
| calcium   | 56    | mg   | 57        |
| phosphorus  | 240   | mg   |           |
| magnesium   | 36    | mg   |           |
| iron, total   | 3.5   | mg   | 57        |
| zinc  | 4.1   | mg   | 57        |

## Legend

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

## References

| Id | Reference   |
|----|---|
| 57 | PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB  |
| 77 | Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártilo, 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. |