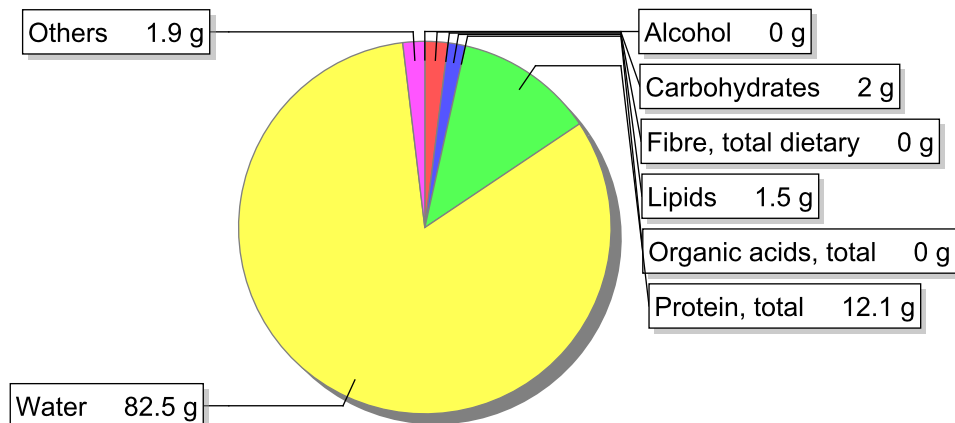


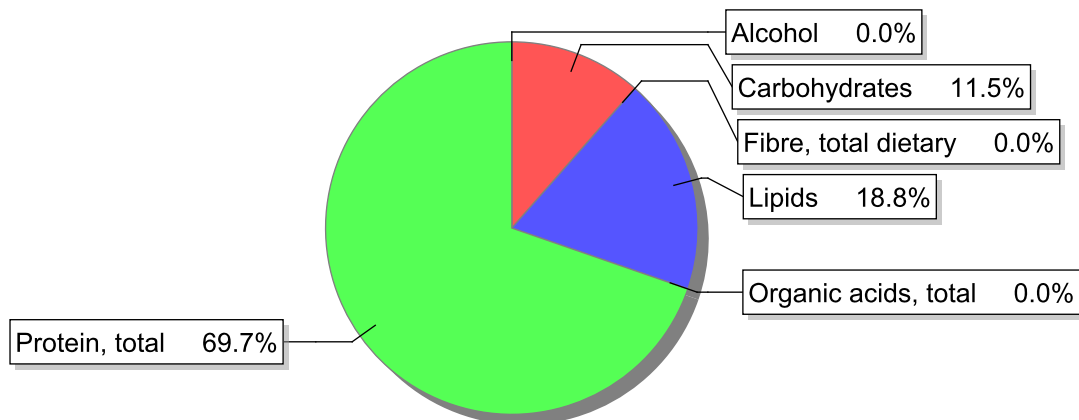
Food

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; 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.