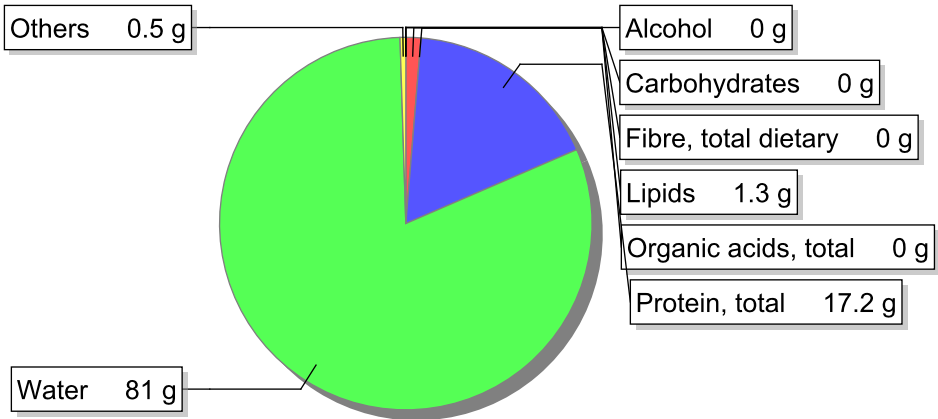


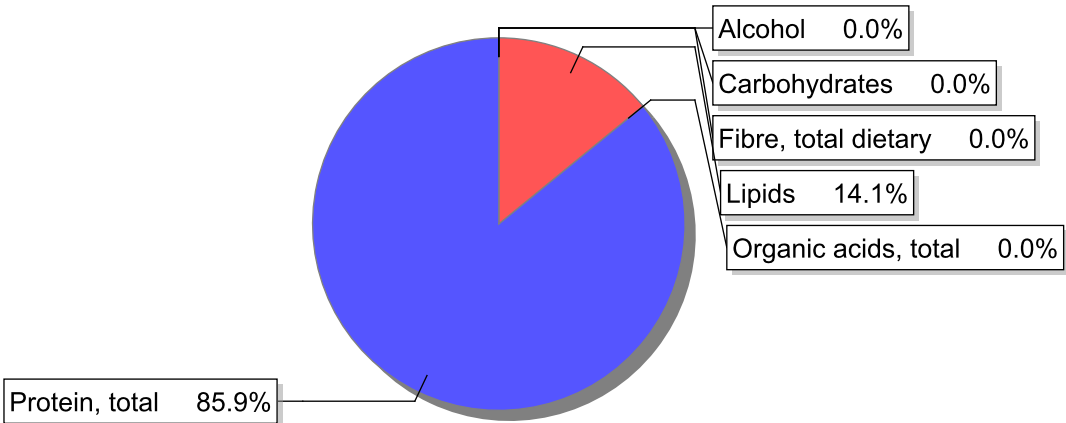
Food

Name: Hake, South Africa, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 84%
Code: IS862
FoodEX2 Code: A02CB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	81	kcal	
energy kJ, total metabolisable	341	kJ	
fatty acids, total saturated	0.2	g	77
fatty acids, total monounsaturated	0.4	g	77
fatty acids, total polyunsaturated	0.4	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	17.2	g	77
alcohol	0	g	
water	81	g	77
organic acids, total	0	g	
cholesterol	19	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.1	µg	77
alpha-tocopherol	0.4	mg	77
thiamin	0.05	mg	77
riboflavin	0.04	mg	77
niacin, preformed	0.86	mg	77
niacin equivalents, total	4.1	mg	
niacin equivalents from tryptophan	3.2	mg	77
vitamin B-6, total	0.04	mg	77
vitamin B-12	0.6	µg	77
vitamin C	0	mg	
folate, total	13	µg	77
ash	1.30	g	77
sodium	120	mg	77
potassium	330	mg	77
calcium	20	mg	77
phosphorus	180	mg	77
magnesium	37	mg	77
iron, total	0.3	mg	77
zinc	0.6	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.