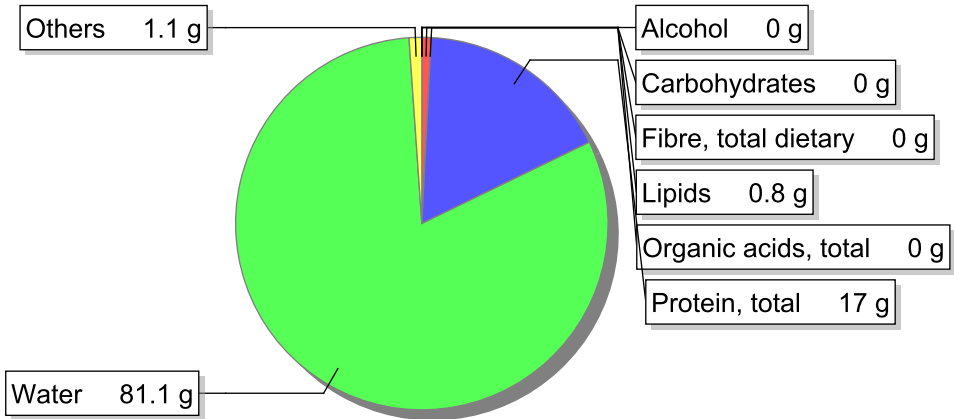


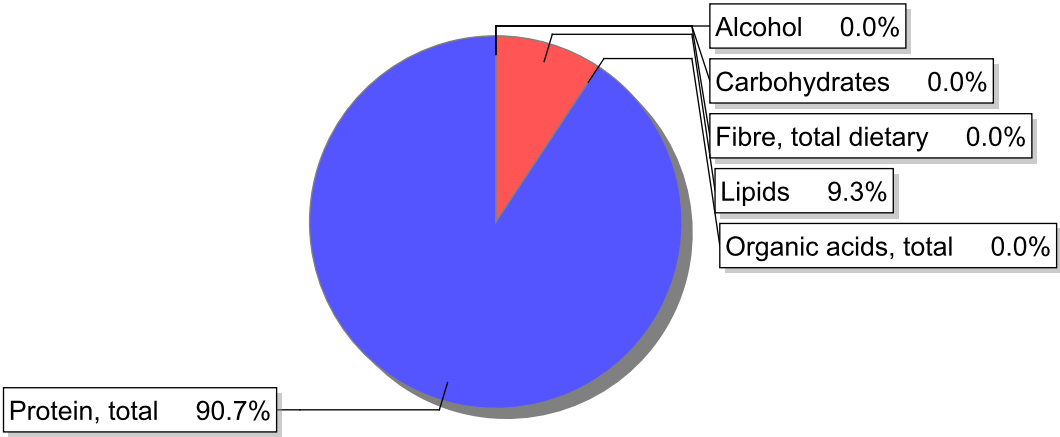
Food

Name: Hake, Europe, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 84%
Code: IS868
FoodEX2 Code: A02CB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	75	kcal	
energy kJ, total metabolisable	319	kJ	
fatty acids, total saturated	0.1	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.3	g	77
fatty acid 18:2 n-6 cis,cis	0.1	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	g	77
alcohol	0	g	
water	81.1	g	77
organic acids, total	0	g	
cholesterol	19	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	5.6	µg	77
alpha-tocopherol	0.24	mg	77
thiamin	0.02	mg	77
riboflavin	0.04	mg	77
niacin, preformed	1.2	mg	77
niacin equivalents, total	4.4	mg	
niacin equivalents from tryptophan	3.2	mg	77
vitamin B-6, total	0.04	mg	77
vitamin B-12	0.63	µg	77
vitamin C	0	mg	
folate, total	27	µg	77
ash	1.10	g	77
sodium	69	mg	77
potassium	410	mg	77
calcium	15	mg	77
phosphorus	220	mg	77
magnesium	26	mg	77
iron, total	0.5	mg	77
zinc	0.7	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.