

Food

**Name:** Codfish, dry and salted, soaked, baked with olive oil

**Group:** Fish and fish products

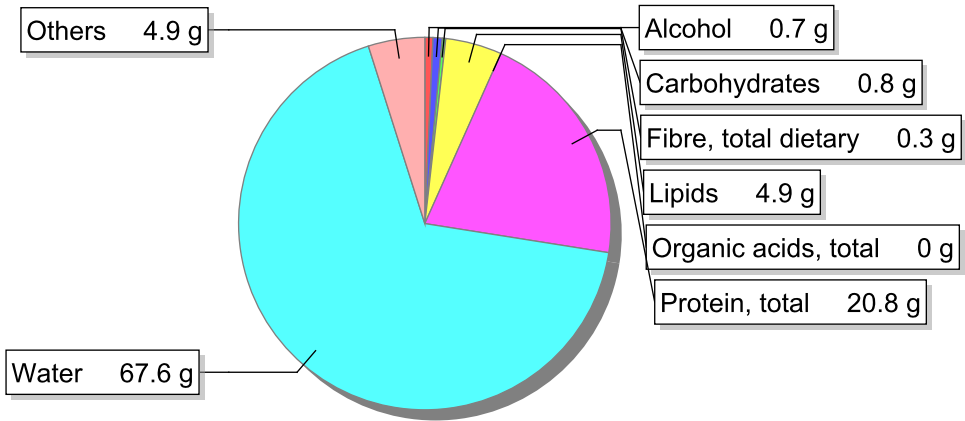
**Subgroup:** Fish (includes fish dishes)

**Edible Part:** 75%

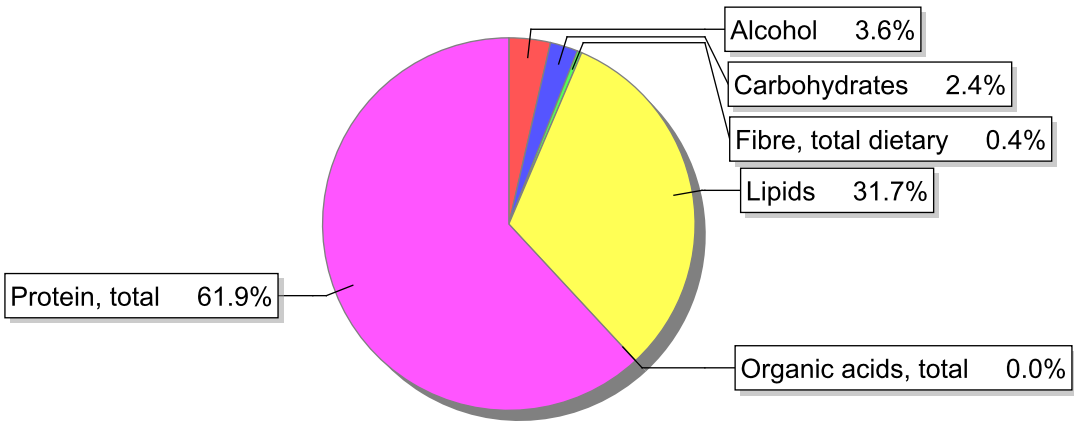
**Code:** IS807

**FoodEX2 Code:** A0FCB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 136   | kcal |           |
| energy kJ, total metabolisable     | 571   | kJ   |           |
| fatty acids, total saturated       | 0.7   | g    |           |
| fatty acids, total monounsaturated | 3.6   | g    |           |
| fatty acids, total polyunsaturated | 0.5   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.297 | g    |           |
| fatty acids, total trans           | 0     | g    |           |
| sugars, total                      | 0.6   | g    |           |
| sucrose                            | 0.2   | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0     | g    |           |
| oligosaccharides, available                                     | 0.2   | g    |           |
| fibre, total dietary                                            | 0.3   | g    |           |
| protein, total                                                  | 20.8  | g    |           |
| alcohol                                                         | 0.7   | g    |           |
| water                                                           | 67.6  | g    |           |
| organic acids, total                                            | 0     | g    |           |
| cholesterol                                                     | 56    | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 4     | µg   |           |
| carotene, total (vitamin A precursors)                          | 0     | µg   |           |
| vitamin D                                                       | 4.2   | µg   |           |
| alpha-tocopherol                                                | 0.99  | mg   |           |
| thiamin                                                         | 0.07  | mg   |           |
| riboflavin                                                      | 0.07  | mg   |           |
| niacin, preformed                                               | 0.82  | mg   |           |
| niacin equivalents, total                                       | 4.83  | mg   |           |
| niacin equivalents from tryptophan                              | 3.82  | mg   |           |
| vitamin B-6, total                                              | 0.11  | mg   |           |
| vitamin B-12                                                    | 0.93  | µg   |           |
| vitamin C                                                       | 1.4   | mg   |           |
| folate, total                                                   | 9.8   | µg   |           |
| ash                                                             | 3.86  | g    |           |
| sodium                                                          | 1370  | mg   |           |
| potassium                                                       | 88    | mg   |           |
| calcium                                                         | 44    | mg   |           |
| phosphorus                                                      | 130   | mg   |           |
| magnesium                                                       | 26    | mg   |           |
| iron, total                                                     | 0.4   | mg   |           |
| zinc                                                            | 1     | mg   |           |

## Legend

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

## References