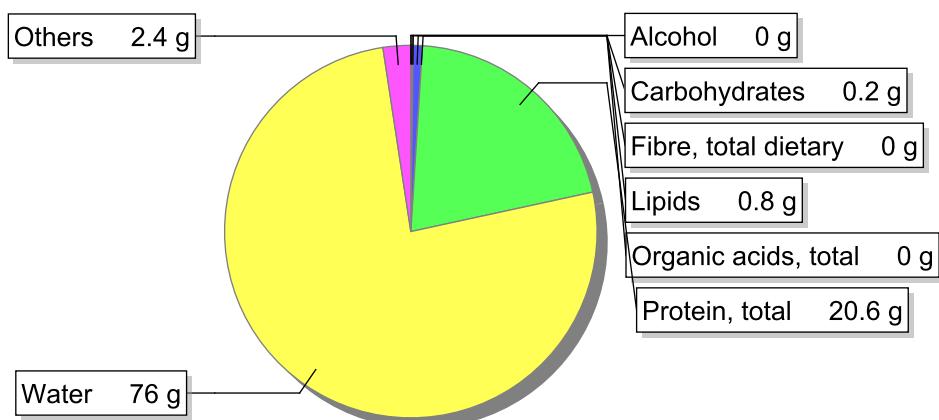


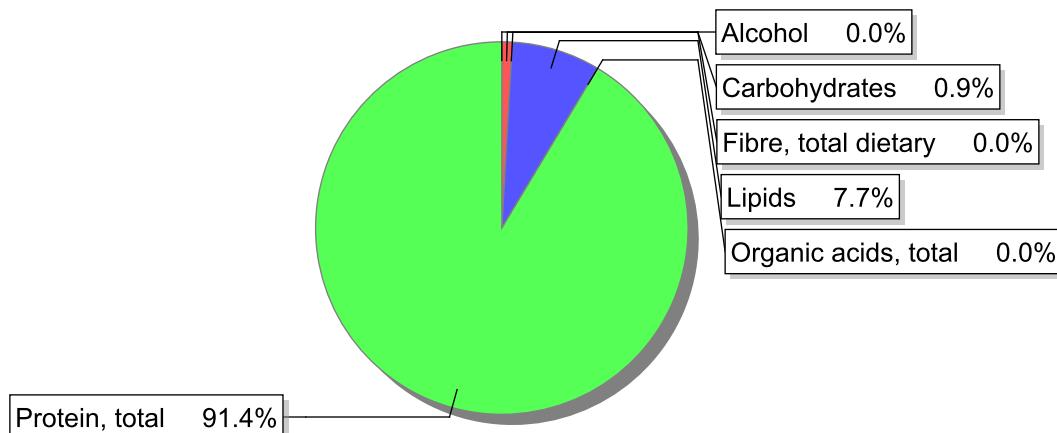
Food

Name: Lobster, boiled
Group: Fish and fish products
Subgroup: Crustacean
Edible Part: 48%
Code: IS921
FoodEX2 Code: A02FV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	90	kcal	
energy kJ, total metabolisable	383	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	0.3	g	
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	20.6	g	
alcohol	0	g	
water	76	g	
organic acids, total	0	g	
cholesterol	93	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	1.5	mg	
thiamin	0.09	mg	
riboflavin	0.06	mg	
niacin, preformed	2	mg	
niacin equivalents, total	5.8	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	3	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	2.00	g	
sodium	320	mg	
potassium	280	mg	
calcium	60	mg	
phosphorus	200	mg	
magnesium	42	mg	
iron, total	0.9	mg	
zinc	2.7	mg	

Legend

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

References