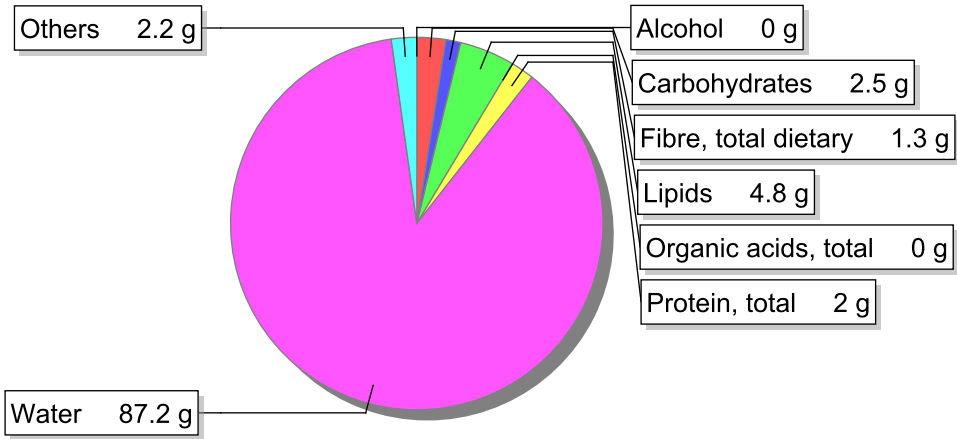


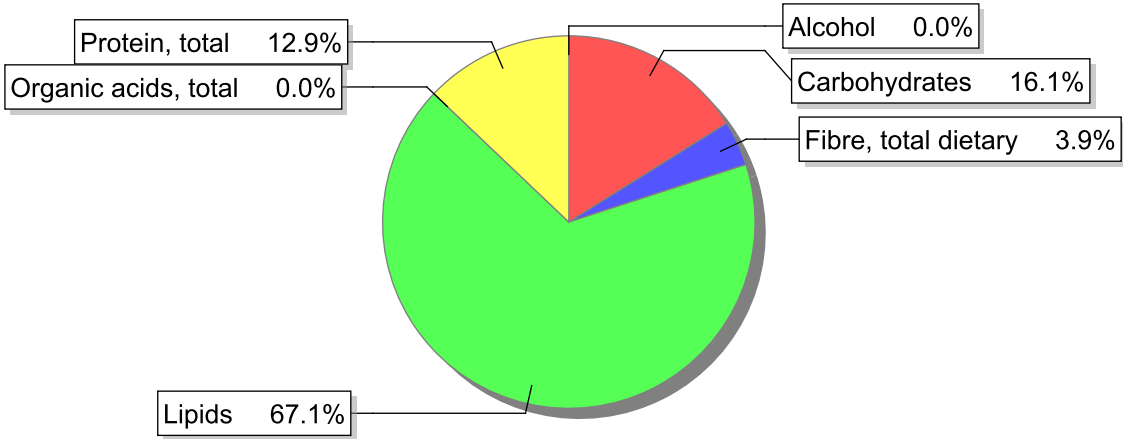
Food

Name: Courgette, fried in vegetable oil
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS622
FoodEX2 Code: A00JR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	64	kcal	
energy kJ, total metabolisable	265	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	3	g	
fatty acid 18:2 n-6 cis,cis	2.95	g	
fatty acids, total trans	0.0	g	
sugars, total	2.4	g	
sucrose	1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
fibre, total dietary	1.3	g	
protein, total	2	g	
alcohol	0	g	
water	87.2	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	
carotene, total (vitamin A precursors)	420	µg	
vitamin D	0	µg	
alpha-tocopherol	2.7	mg	
thiamin	0.13	mg	
riboflavin	0.05	mg	
niacin, preformed	0.48	mg	
niacin equivalents, total	0.89	mg	
niacin equivalents from tryptophan	0.38	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	
vitamin C	17.6	mg	
folate, total	36	µg	
ash	1.50	g	
sodium	310	mg	
potassium	310	mg	
calcium	28	mg	
phosphorus	42	mg	
magnesium	28	mg	
iron, total	1	mg	
zinc	0.4	mg	

Legend

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

References