

Food

Name: Tuna, fresh, steak, cooked with olive oil and with wine

Group: Fish and fish products

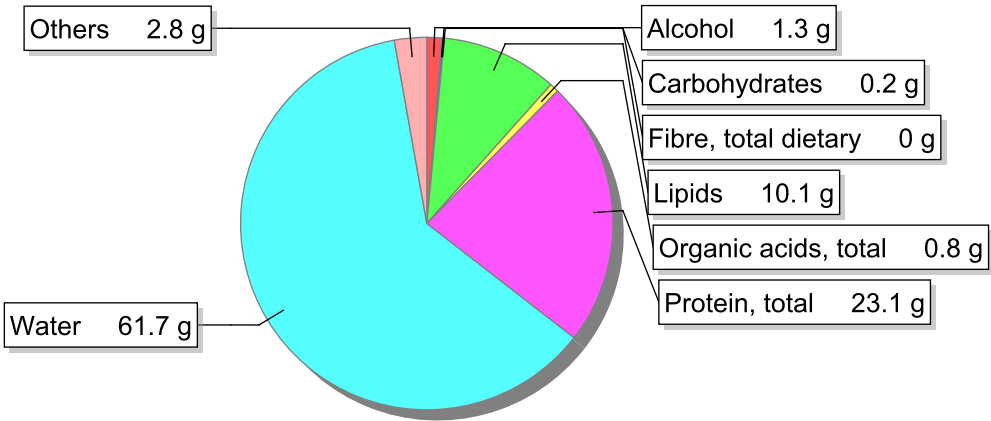
Subgroup: Fish (includes fish dishes)

Edible Part: 100%

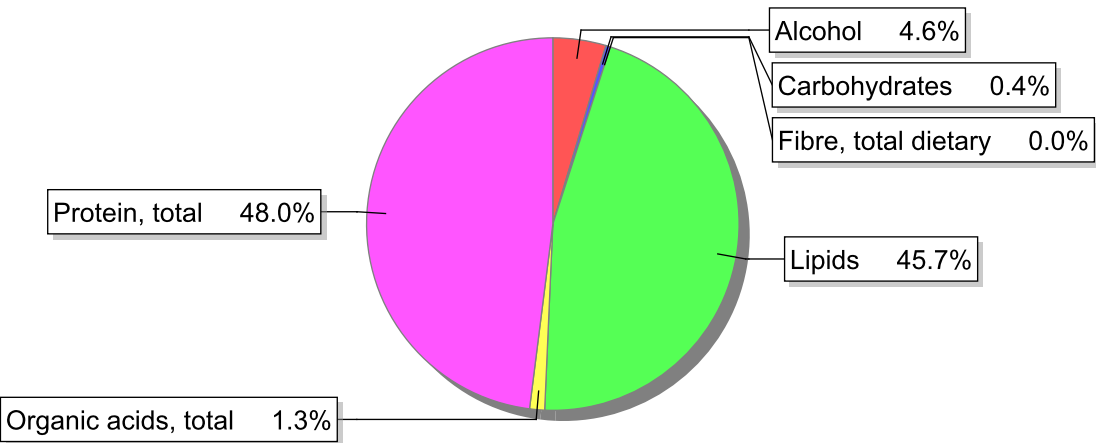
Code: IS813

FoodEX2 Code: A02DX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	196	kcal	
energy kJ, total metabolisable	818	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	5.9	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.431	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
fibre, total dietary	0	g	
protein, total	23.1	g	
alcohol	1.3	g	
water	61.7	g	
organic acids, total	0.8	g	
cholesterol	29	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	3.3	µg	
alpha-tocopherol	1.37	mg	
thiamin	0.08	mg	
riboflavin	0.04	mg	
niacin, preformed	6.7	mg	
niacin equivalents, total	14.3	mg	
niacin equivalents from tryptophan	4.4	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	1.8	µg	
vitamin C	0	mg	
folate, total	5.6	µg	
ash	2.20	g	
sodium	330	mg	
potassium	280	mg	
calcium	7.3	mg	
phosphorus	210	mg	
magnesium	34	mg	
iron, total	1.8	mg	
zinc	1.5	mg	

Legend

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

References