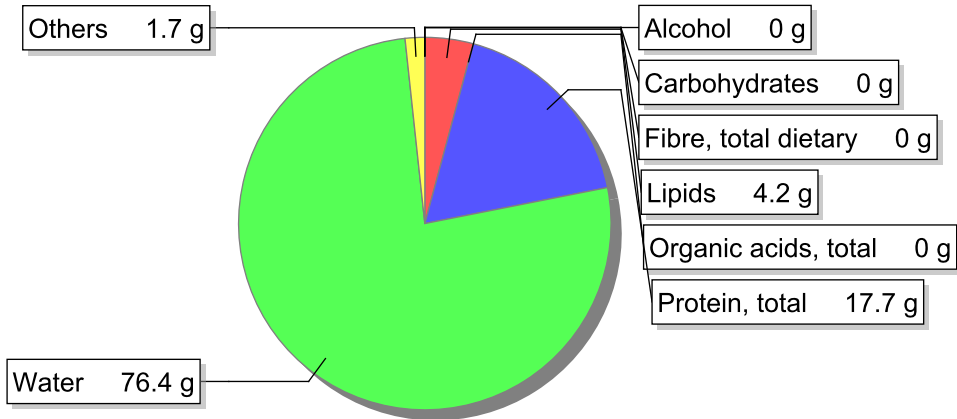


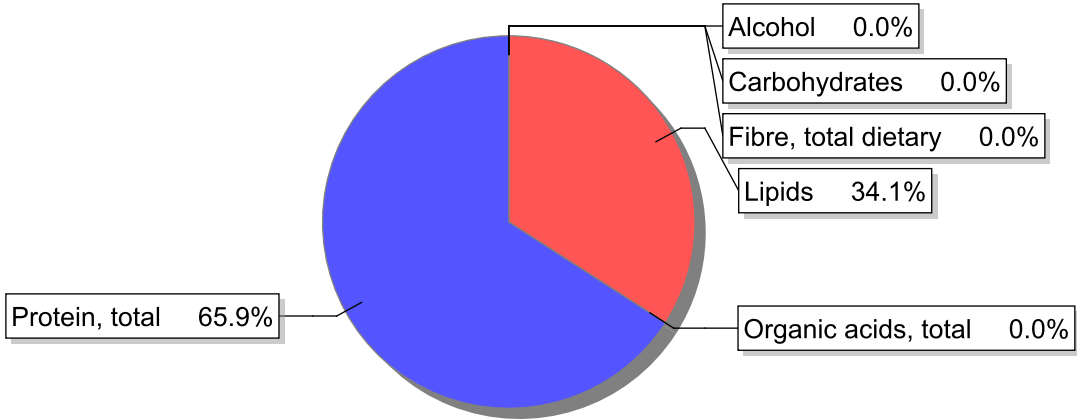
Food

Name: Conger eel, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 74%
Code: IS875
FoodEX2 Code: A02AL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	109	kcal	
energy kJ, total metabolisable	456	kJ	
fatty acids, total saturated	1.2	g	77
fatty acids, total monounsaturated	2.1	g	77
fatty acids, total polyunsaturated	0.8	g	77
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	
salt	0.2	g	
fibre, total dietary	0	g	
protein, total	17.7	g	77
alcohol	0	g	
water	76.4	g	77
organic acids, total	0	g	
cholesterol	49	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	267	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	91	µg	77
alpha-tocopherol	1.5	mg	77
thiamin	0.04	mg	77
riboflavin	0.05	mg	77
niacin, preformed	1.5	mg	77
niacin equivalents, total	4.8	mg	
niacin equivalents from tryptophan	3.3	mg	77
vitamin B-6, total	0.55	mg	77
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	13	µg	77
ash	1.00	g	77
sodium	84	mg	77
potassium	340	mg	77
calcium	130	mg	
phosphorus	220	mg	77
magnesium	28	mg	77
iron, total	0.2	mg	77
zinc	1.1	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.