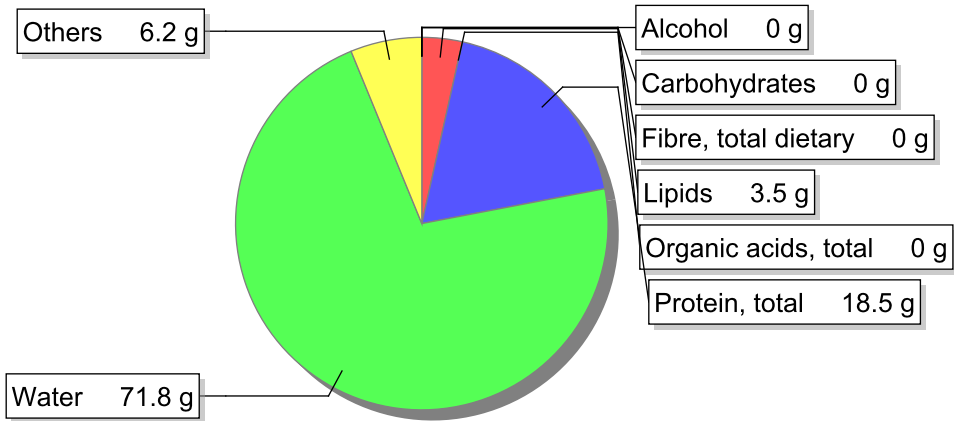


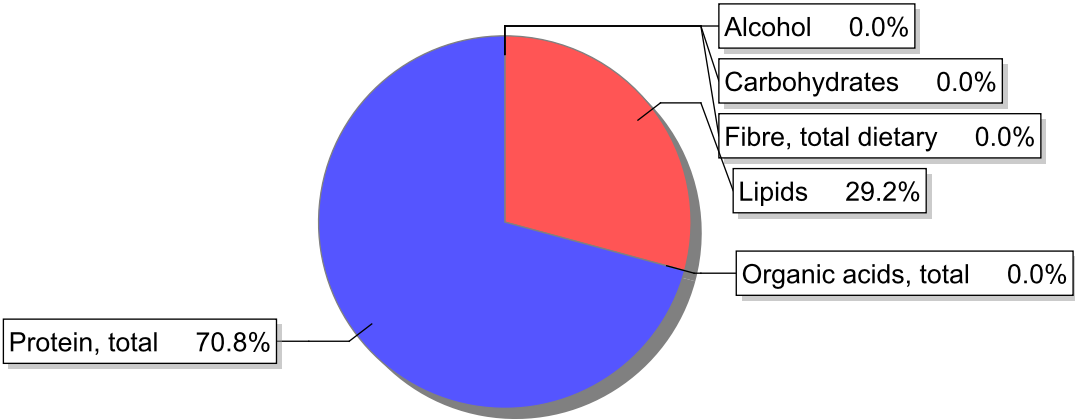
Food

Name: Seabass, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 38%
Code: IS871
FoodEX2 Code: A029T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	106	kcal	
energy kJ, total metabolisable	444	kJ	
fatty acids, total saturated	0.8	g	1048
fatty acids, total monounsaturated	0.9	g	1048
fatty acids, total polyunsaturated	0.8	g	1048
fatty acid 18:2 n-6 cis,cis	0.18	g	1048
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	18.5	g	77
alcohol	0	g	
water	71.8	g	77
organic acids, total	0	g	
cholesterol	52	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	5	µg	77
alpha-tocopherol	0.17	mg	77
thiamin	0.26	mg	
riboflavin	0.08	mg	
niacin, preformed	2.7	mg	77
niacin equivalents, total	6.2	mg	
niacin equivalents from tryptophan	3.5	mg	77
vitamin B-6, total	0.49	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	9.5	µg	77
ash	1.70	g	77
sodium	95	mg	77
potassium	350	mg	77
calcium	52	mg	
phosphorus	230	mg	77
magnesium	38	mg	77
iron, total	0.4	mg	77
zinc	1.2	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.
1048	Robalo cru. Revisão valores de Lipidos e Ácidos Gordos.