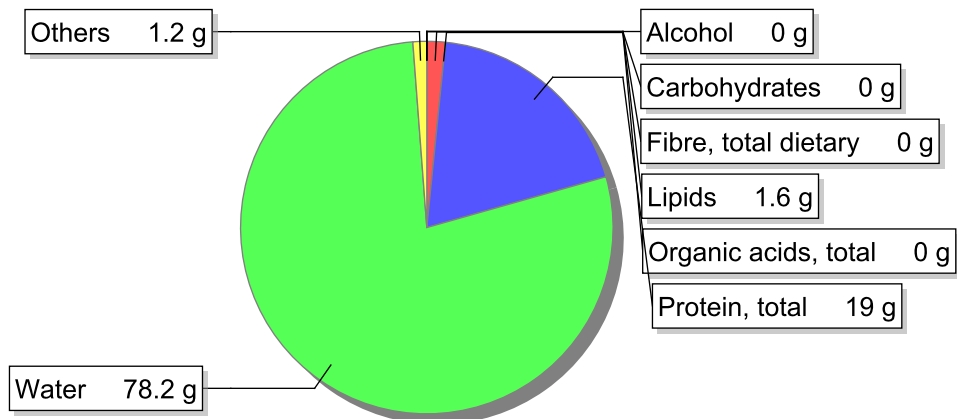


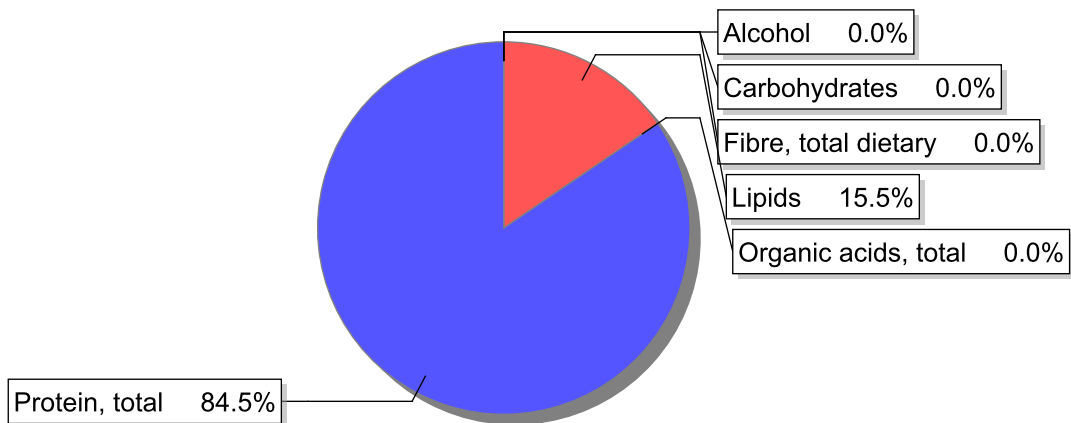
Food

Name: Plaice, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 56%
Code: IS891
FoodEX2 Code: A02BE

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 | 382 | kJ | |
| fatty acids, total saturated | 0.3 | g | 77 |
| fatty acids, total monounsaturated | 0.4 | g | 77 |
| fatty acids, total polyunsaturated | 0.4 | 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 | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 19 | g | 77 |
| alcohol | 0 | g | |
| water | 78.2 | g | 77 |
| organic acids, total | 0 | g | |
| cholesterol | 85 | mg | 77 |
| vitamin A; retinol equiv from retinol and carotenoid activities | 0 | µg | |
| carotene, total (vitamin A precursors) | 0 | µg | |
| vitamin D | 10 | µg | 77 |
| alpha-tocopherol | 0.35 | mg | 77 |
| thiamin | 0.12 | mg | 77 |
| riboflavin | 0.05 | mg | 77 |
| niacin, preformed | 0.51 | mg | 77 |
| niacin equivalents, total | 4 | mg | |
| niacin equivalents from tryptophan | 3.5 | mg | 77 |
| vitamin B-6, total | 0.13 | mg | 77 |
| vitamin B-12 | 1.5 | µg | 77 |
| vitamin C | 0 | mg | |
| folate, total | 8.5 | µg | 77 |
| ash | 1.00 | g | 77 |
| sodium | 110 | mg | 77 |
| potassium | 230 | mg | 77 |
| calcium | 54 | mg | |
| phosphorus | 170 | mg | 77 |
| magnesium | 29 | mg | 77 |
| iron, total | 0.4 | mg | 77 |
| zinc | 0.6 | 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. |