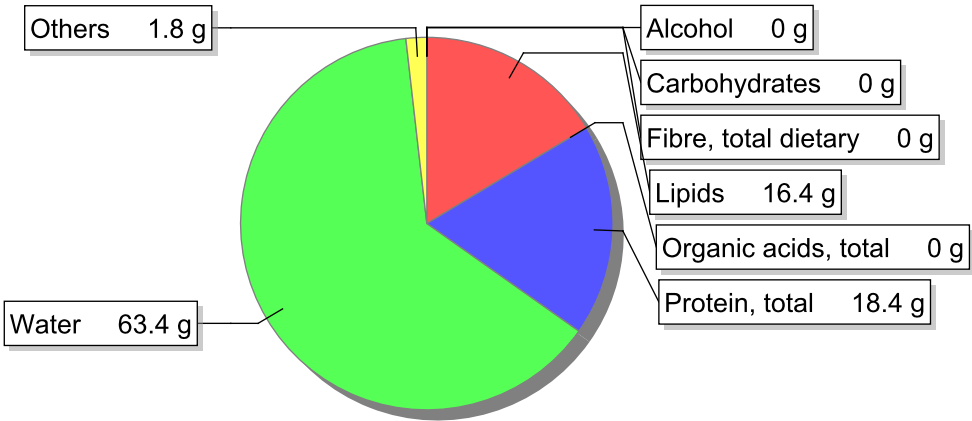


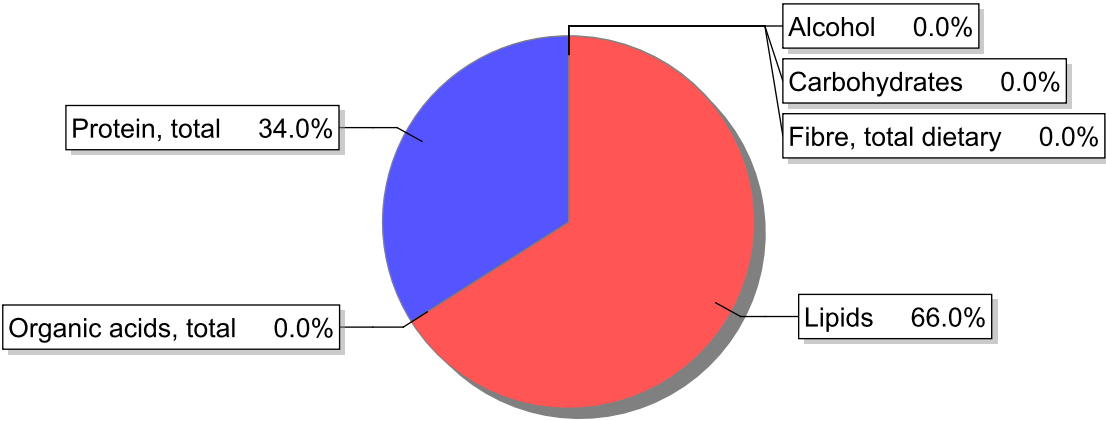
Food

Name: Sardine, high-fat, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 54%
Code: IS882
FoodEX2 Code: A02DB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	221	kcal	
energy kJ, total metabolisable	920	kJ	
fatty acids, total saturated	4.7	g	77
fatty acids, total monounsaturated	4	g	77
fatty acids, total polyunsaturated	5.6	g	77
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.5	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	18.4	g	77
alcohol	0	g	
water	63.4	g	77
organic acids, total	0	g	
cholesterol	20	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	47	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	21	µg	77
alpha-tocopherol	0.66	mg	77
thiamin	0.01	mg	77
riboflavin	0.08	mg	77
niacin, preformed	4.4	mg	77
niacin equivalents, total	7.8	mg	
niacin equivalents from tryptophan	3.4	mg	77
vitamin B-6, total	0.57	mg	77
vitamin B-12	10	µg	77
vitamin C	0	mg	
folate, total	15	µg	77
ash	1.70	g	77
sodium	65	mg	77
potassium	370	mg	77
calcium	72	mg	
phosphorus	310	mg	77
magnesium	31	mg	77
iron, total	1	mg	77
zinc	1.6	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.