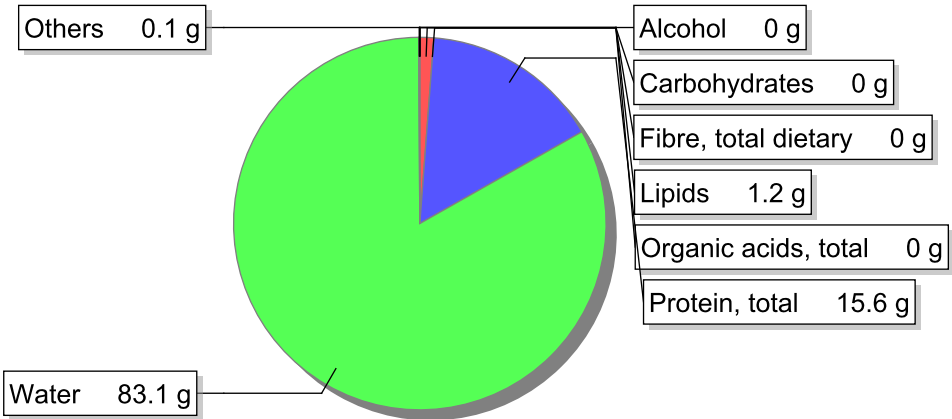


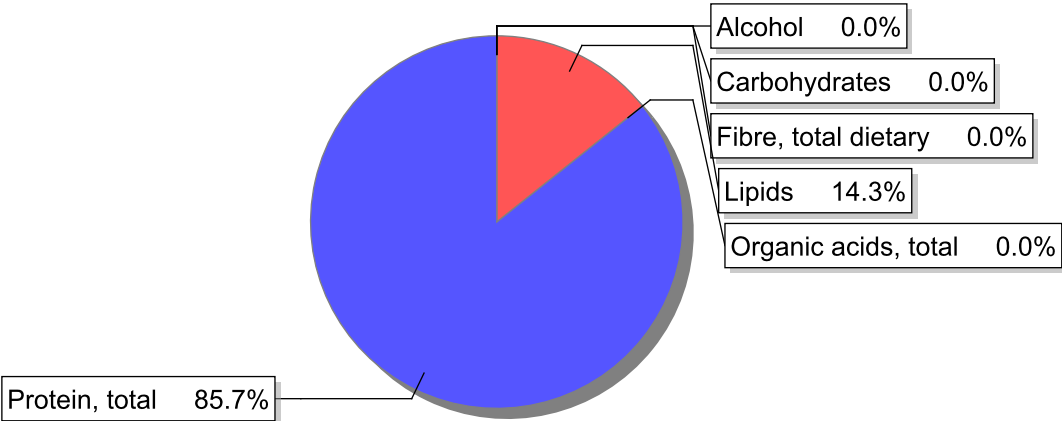
Food

Name: Octopus, raw
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 74%
Code: IS917
FoodEX2 Code: A02JE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	73	kcal	
energy kJ, total metabolisable	310	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.6	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	15.6	g	77
alcohol	0	g	
water	83.1	g	77
organic acids, total	0	g	
cholesterol	64	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.73	mg	77
thiamin	0.02	mg	77
riboflavin	0.04	mg	77
niacin, preformed	1.3	mg	77
niacin equivalents, total	4.6	mg	
niacin equivalents from tryptophan	3.3	mg	77
vitamin B-6, total	0.07	mg	77
vitamin B-12	1.3	µg	77
vitamin C	0	mg	
folate, total	12	µg	77
ash	0.90	g	77
sodium	260	mg	77
potassium	240	mg	77
calcium	13	mg	77
phosphorus	170	mg	77
magnesium	43	mg	77
iron, total	0.7	mg	77
zinc	1.3	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.