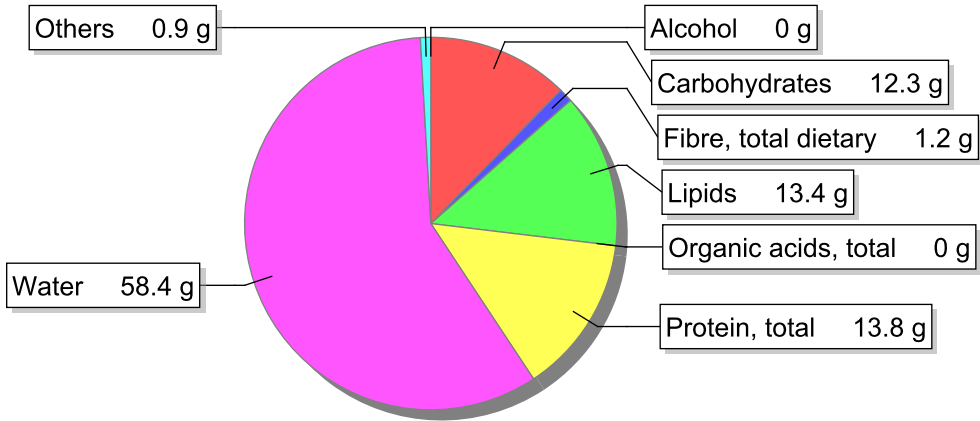


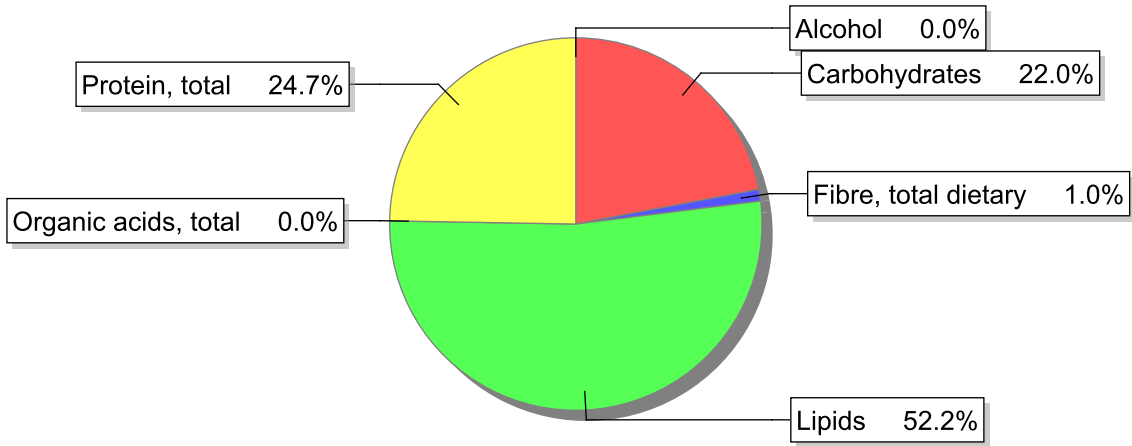
Food

Name: Cakes, codfish
Group: Fish and fish products
Subgroup: Fish snacks
Edible Part: 100%
Code: IS953
FoodEX2 Code: A03XT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	227	kcal	
energy kJ, total metabolisable	949	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	3.1	g	
fatty acids, total polyunsaturated	7.5	g	
fatty acid 18:2 n-6 cis,cis	7.4	g	
fatty acids, total trans	0	g	
sugars, total	0.9	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.2	g	
protein, total	13.8	g	57
alcohol	0	g	
water	58.4	g	57
organic acids, total	0	g	
cholesterol	102	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	45	µg	
carotene, total (vitamin A precursors)	73	µg	
vitamin D	2.3	µg	
alpha-tocopherol	7.4	mg	
thiamin	0.14	mg	
riboflavin	0.14	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	4.1	mg	
niacin equivalents from tryptophan	2.9	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.5	µg	
vitamin C	10	mg	
folate, total	32	µg	
ash	2.10	g	
sodium	470	mg	57
potassium	290	mg	
calcium	52	mg	57
phosphorus	120	mg	57
magnesium	22	mg	
iron, total	1.2	mg	57
zinc	0.8	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB