

Food

Name: Codfish, dry and salted, soaked, cooked "à Gomes de Sá"

Group: Fish and fish products

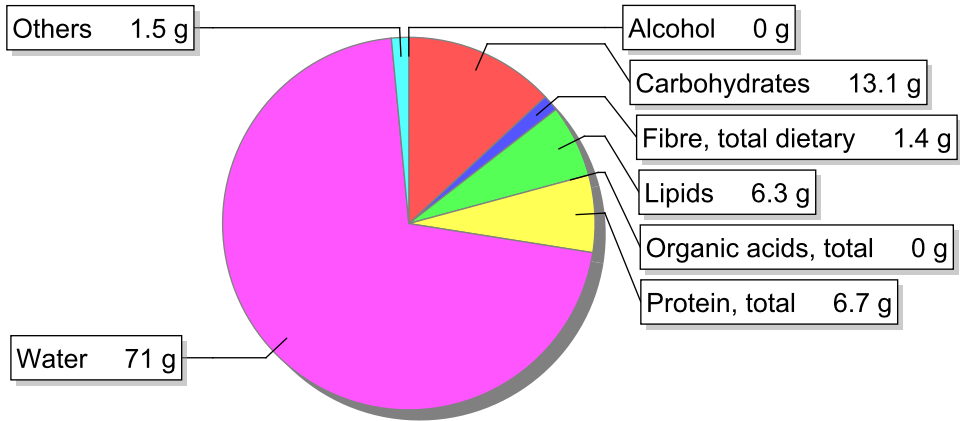
Subgroup: Fish (includes fish dishes)

Edible Part: 100%

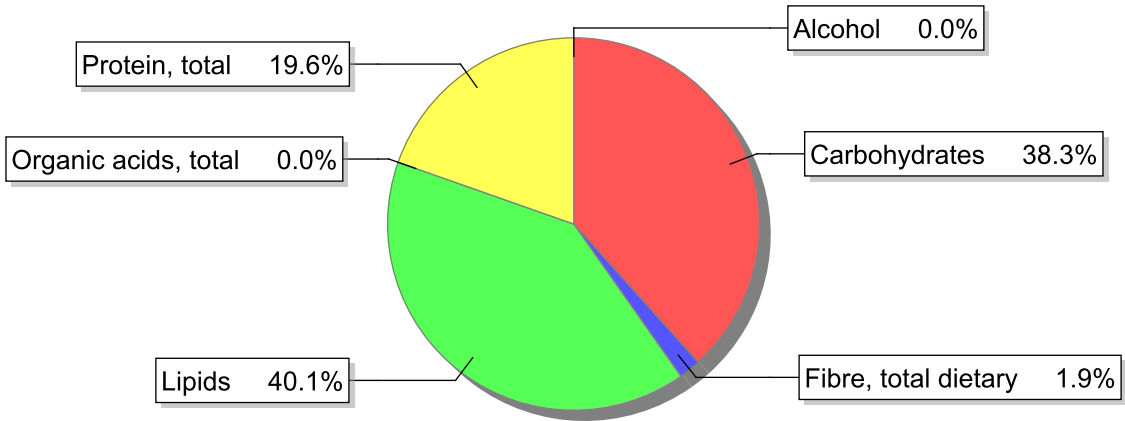
Code: IS810

FoodEX2 Code: A03XQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	139	kcal	
energy kJ, total metabolisable	581	kJ	
fatty acids, total saturated	1	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	1.5	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
starch, total	11.4	g	
protein, total	6.7	g	
alcohol	0	g	
water	71	g	
organic acids, total	0	g	
cholesterol	39	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	14	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1	µg	
alpha-tocopherol	1.2	mg	
thiamin	0.13	mg	
riboflavin	0.06	mg	
niacin, preformed	1	mg	
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0.26	µg	
vitamin C	7	mg	
folate, total	17	µg	
ash	1.50	g	
sodium	530	mg	
potassium	280	mg	
calcium	23	mg	
phosphorus	68	mg	
magnesium	16	mg	
iron, total	0.4	mg	
zinc	0.5	mg	

Legend

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

References