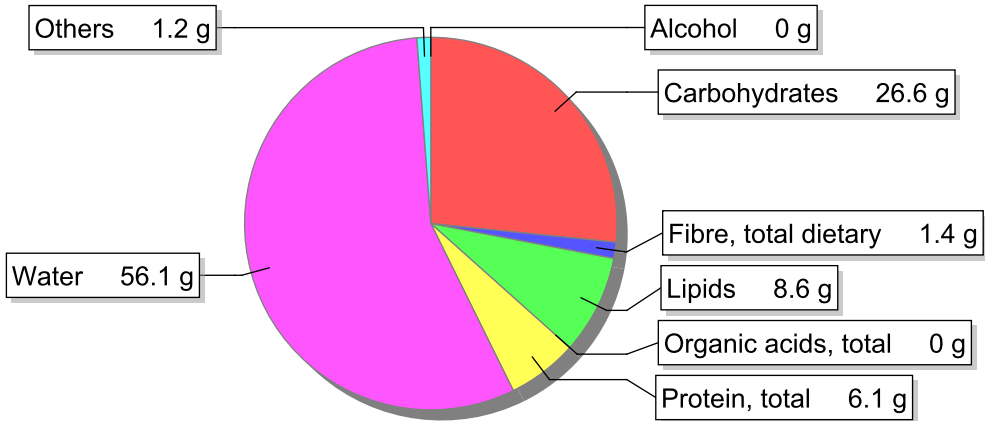


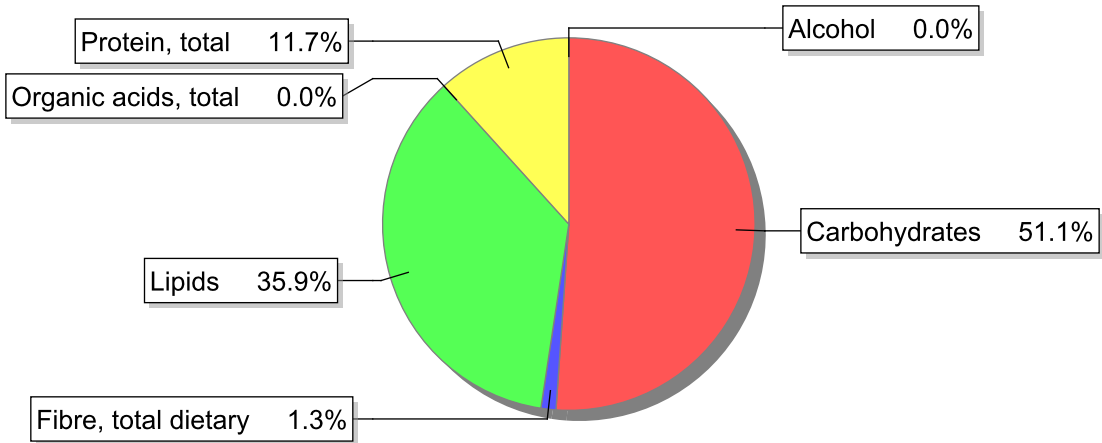
Food

Name: Rissols, shrimps
Group: Fish and fish products
Subgroup: Fish snacks
Edible Part: 100%
Code: IS952
FoodEX2 Code: A040E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	211	kcal	
energy kJ, total metabolisable	885	kJ	
fatty acids, total saturated	1.1	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	5.4	g	
fatty acid 18:2 n-6 cis,cis	5.4	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.4	g	
protein, total	6.1	g	57
alcohol	0	g	
water	56.1	g	
organic acids, total	0	g	
cholesterol	21	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	1	µg	
vitamin D	0.1	µg	
alpha-tocopherol	5.2	mg	
thiamin	0.04	mg	
riboflavin	0.03	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	1.9	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0.16	µg	
vitamin C	1	mg	
folate, total	9.1	µg	
ash	1.10	g	
sodium	400	mg	57
potassium	87	mg	
calcium	48	mg	57
phosphorus	82	mg	
magnesium	14	mg	
iron, total	1.2	mg	57
zinc	0.7	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