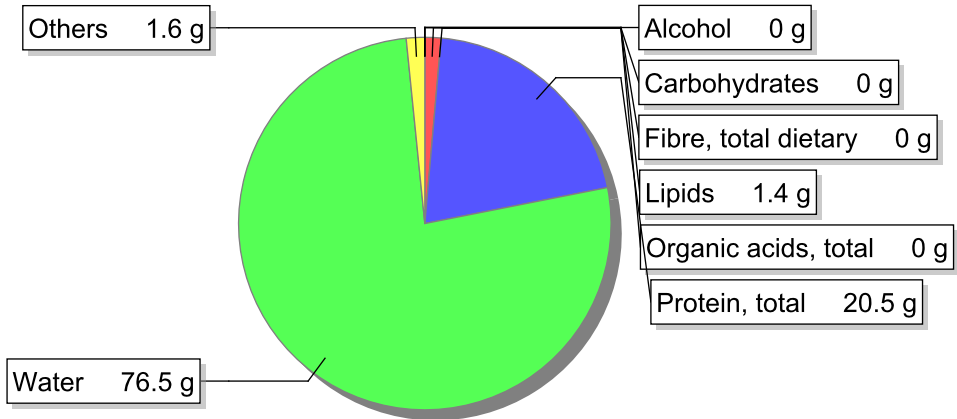


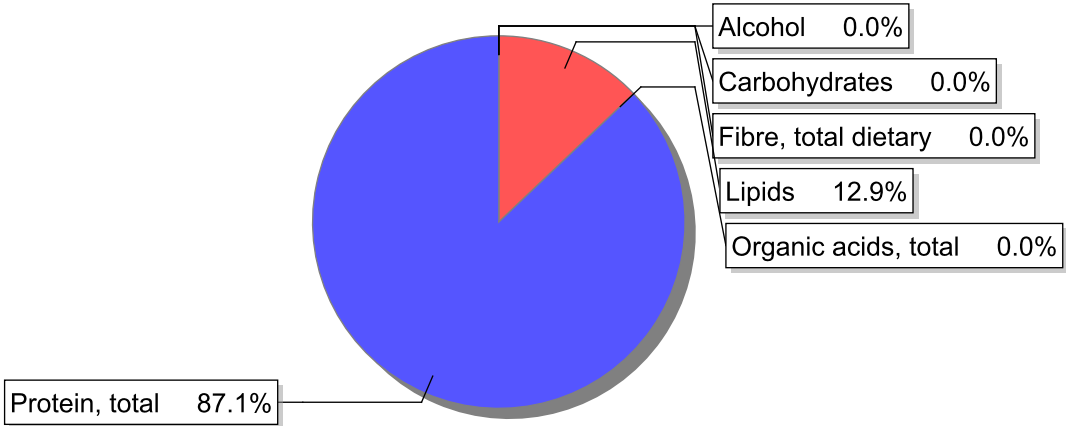
Food

Name: White grouper, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 75%
Code: IS899
FoodEX2 Code: A0FAS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	95	kcal	
energy kJ, total metabolisable	400	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.4	g	
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	20.5	g	
alcohol	0	g	
water	76.5	g	
organic acids, total	0	g	
cholesterol	37	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	7	µg	
alpha-tocopherol	2.6	mg	
thiamin	0.03	mg	
riboflavin	0.05	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	4.9	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	6	µg	
ash	1.40	g	
sodium	130	mg	
potassium	300	mg	
calcium	18	mg	
phosphorus	160	mg	
magnesium	31	mg	
iron, total	0.6	mg	
zinc	0.5	mg	

Legend

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

References