

Food

Name: Codfish, dry and salted, soaked, boiled

Group: Fish and fish products

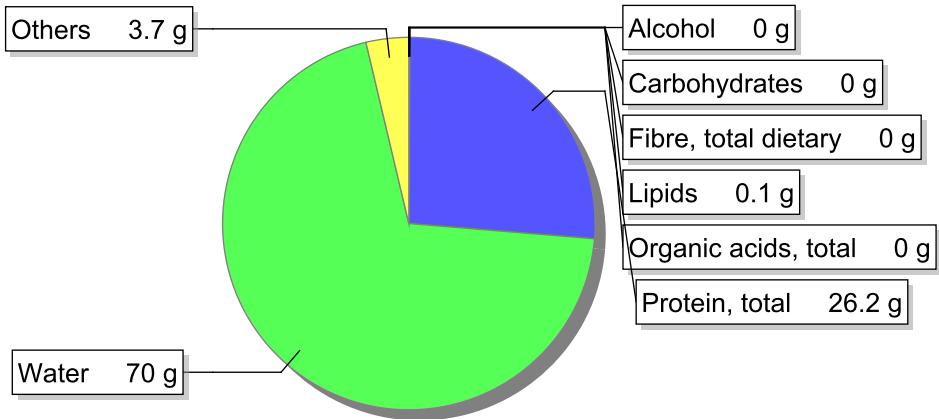
Subgroup: Fish (includes fish dishes)

Edible Part: 75%

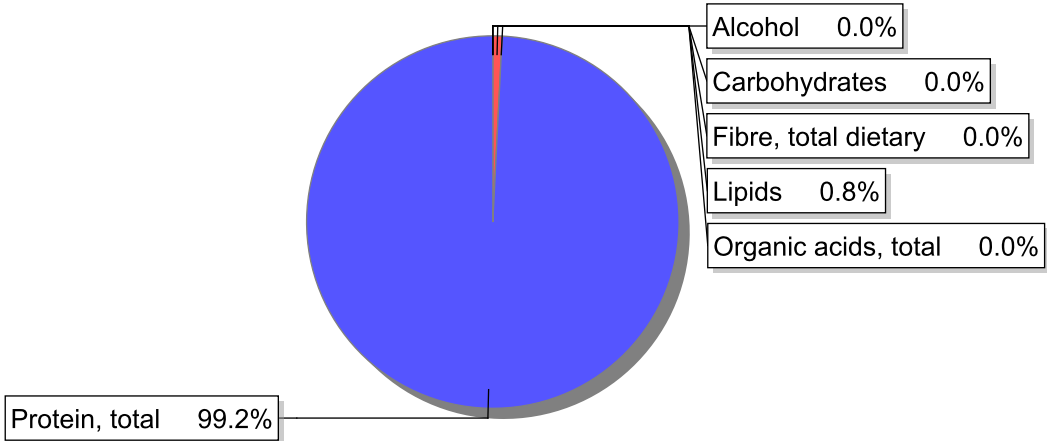
Code: IS805

FoodEX2 Code: A0FCB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	106	kcal	
energy kJ, total metabolisable	449	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	77
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	26.2	g	77
alcohol	0	g	
water	70	g	77
organic acids, total	0	g	
cholesterol	72	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	77
alpha-tocopherol	0.28	mg	77
thiamin	0.02	mg	77
riboflavin	0.09	mg	77
niacin, preformed	0.28	mg	77
niacin equivalents, total	5.2	mg	
niacin equivalents from tryptophan	4.9	mg	77
vitamin B-6, total	0.06	mg	77
vitamin B-12	0.35	µg	
vitamin C	0	mg	
folate, total	5.7	µg	77
ash	3.20	g	77
sodium	1230	mg	77
potassium	21	mg	77
calcium	46	mg	77
phosphorus	100	mg	77
magnesium	31	mg	77
iron, total	0.6	mg	77
zinc	1.1	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.
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