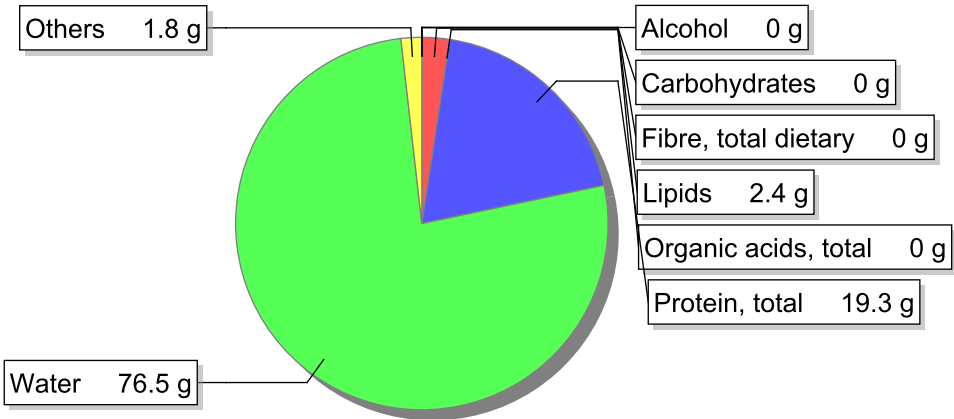


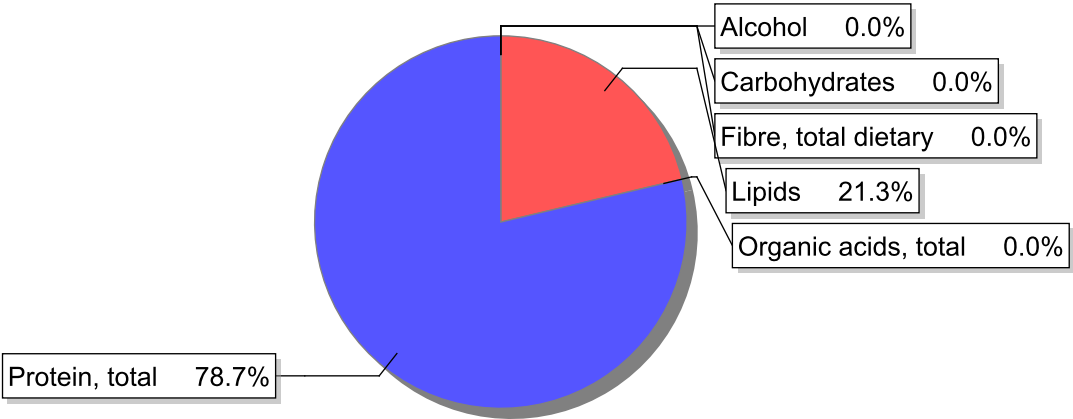
Food

Name: Redfish, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 45%
Code: IS903
FoodEX2 Code: A02AN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	99	kcal	
energy kJ, total metabolisable	417	kJ	
fatty acids, total saturated	0.5	g	
fatty acids, total monounsaturated	0.9	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	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
starch, total	0	g	
protein, total	19.3	g	
alcohol	0	g	
water	76.5	g	
organic acids, total	0	g	
cholesterol	46	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	18	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.3	µg	
alpha-tocopherol	1.3	mg	
thiamin	0.11	mg	
riboflavin	0.1	mg	
niacin, preformed	2.8	mg	
niacin equivalents, total	6.4	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	5.9	µg	
ash	1.80	g	
sodium	340	mg	
potassium	290	mg	
calcium	14	mg	
phosphorus	200	mg	
magnesium	39	mg	
iron, total	0.7	mg	
zinc	0.7	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB