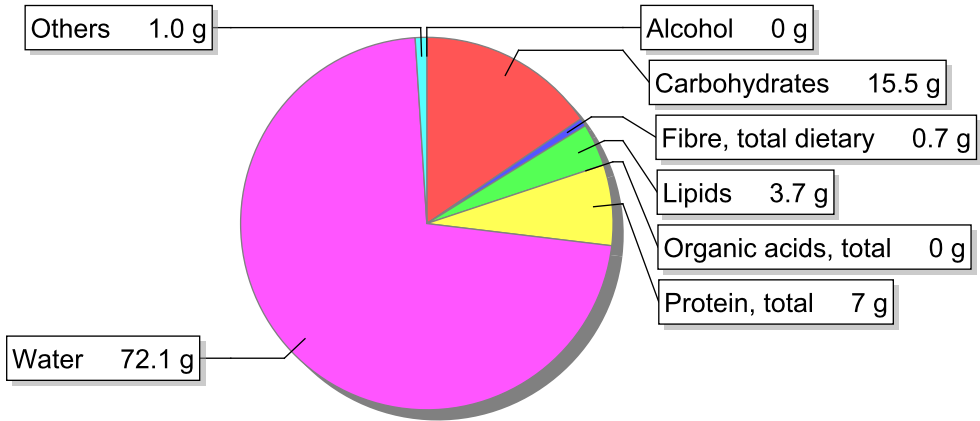


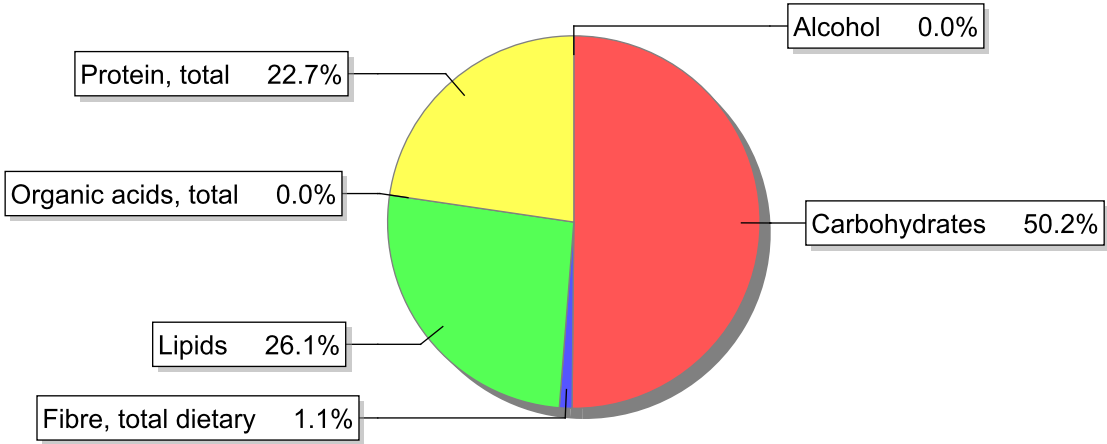
Food

Name: Rice, cooked with fish
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 95%
Code: IS408
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	125	kcal	
energy kJ, total metabolisable	525	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	0.935	g	
fatty acids, total trans	0.0	g	
sugars, total	0.7	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	0.7	g	
protein, total	7	g	
alcohol	0	g	
water	72.1	g	
organic acids, total	0	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	58	µg	
vitamin D	1.2	µg	
alpha-tocopherol	1.26	mg	
thiamin	0.03	mg	
riboflavin	0.02	mg	
niacin, preformed	0.59	mg	
niacin equivalents, total	2.14	mg	
niacin equivalents from tryptophan	1.34	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.08	µg	
vitamin C	1.7	mg	
folate, total	9	µg	
ash	1.10	g	
sodium	240	mg	
potassium	120	mg	
calcium	15	mg	
phosphorus	75	mg	
magnesium	17	mg	
iron, total	0.3	mg	
zinc	0.5	mg	

Legend

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

References