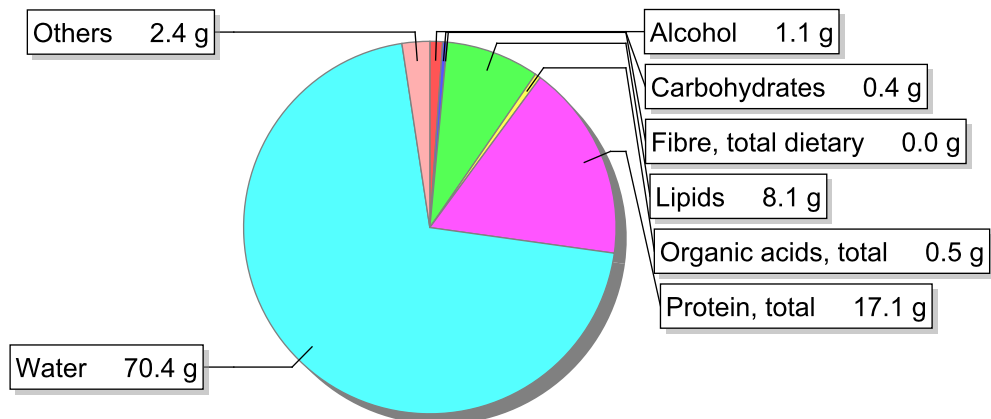


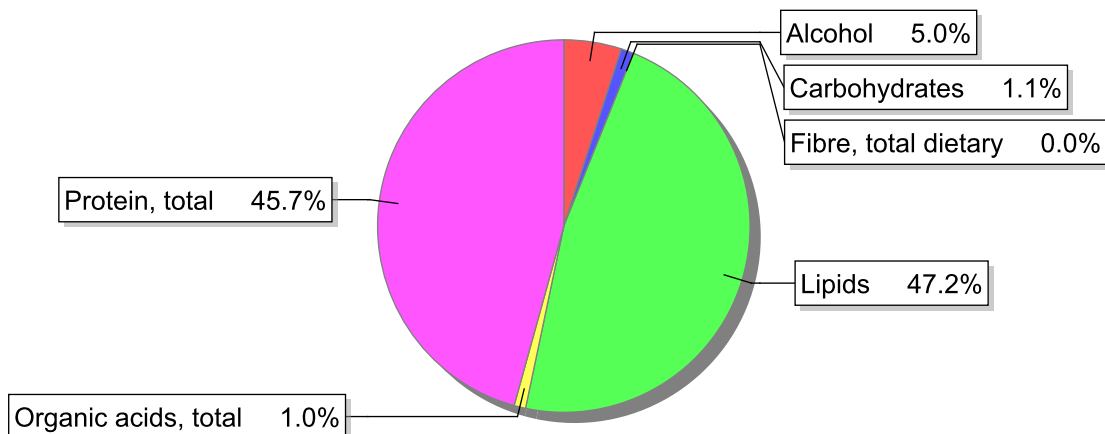
Food

Name: Swordfish, steak, cooked with olive oil and with wine
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS836
FoodEX2 Code: A07Y0

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	152	kcal	
energy kJ, total metabolisable	636	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	5.3	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.335	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.0	g	
protein, total	17.1	g	
alcohol	1.1	g	
water	70.4	g	
organic acids, total	0.5	g	
cholesterol	43	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.1	µg	
alpha-tocopherol	0.83	mg	
thiamin	0.1	mg	
riboflavin	0.04	mg	
niacin, preformed	3.5	mg	
niacin equivalents, total	7.08	mg	
niacin equivalents from tryptophan	3.16	mg	
vitamin B-6, total	0.41	mg	
vitamin B-12	1.2	µg	
vitamin C	0.2	mg	
folate, total	11	µg	
ash	2.01	g	
sodium	350	mg	
potassium	340	mg	
calcium	7.8	mg	
phosphorus	230	mg	
magnesium	30	mg	
iron, total	0.6	mg	
zinc	0.9	mg	

Legend

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

References