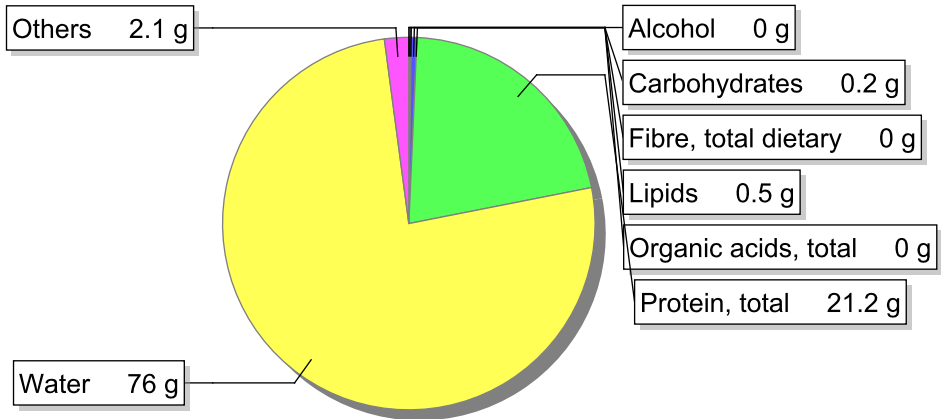


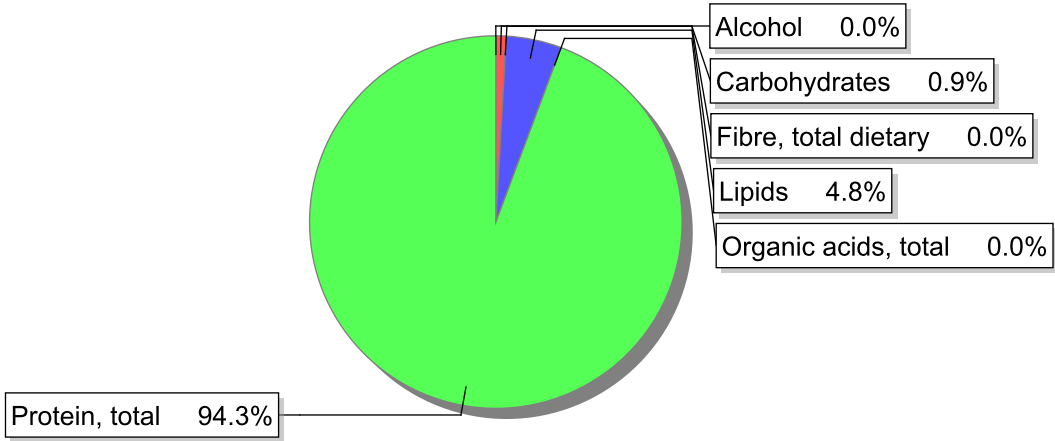
Food

Name: Crayfish, boiled
Group: Fish and fish products
Subgroup: Crustacean
Edible Part: 23%
Code: IS923
FoodEX2 Code: A02FS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	90	kcal	
energy kJ, total metabolisable	382	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	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	21.2	g	
alcohol	0	g	
water	76	g	
organic acids, total	0	g	
cholesterol	70	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.9	mg	
thiamin	0.08	mg	
riboflavin	0.04	mg	
niacin, preformed	2	mg	
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	4	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0.8	µg	
vitamin C	0	mg	
folate, total	9.7	µg	
ash	2.10	g	
sodium	550	mg	
potassium	190	mg	
calcium	38	mg	
phosphorus	200	mg	
magnesium	41	mg	
iron, total	1	mg	
zinc	1.5	mg	

Legend

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

References