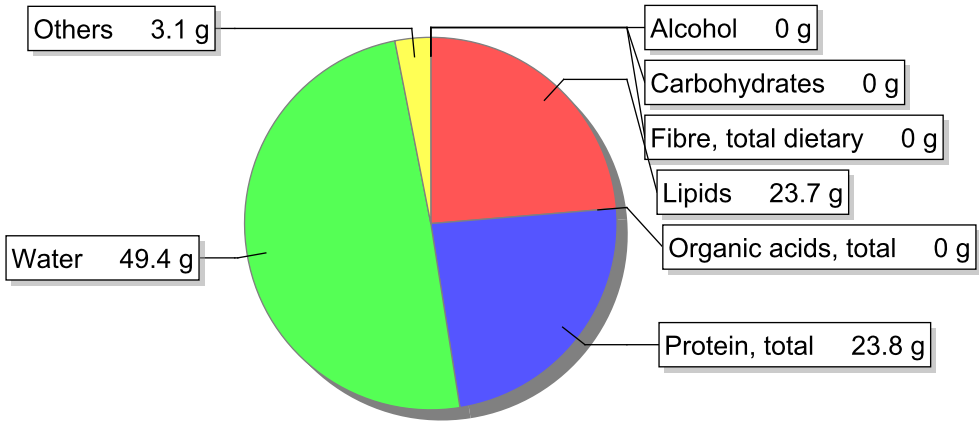


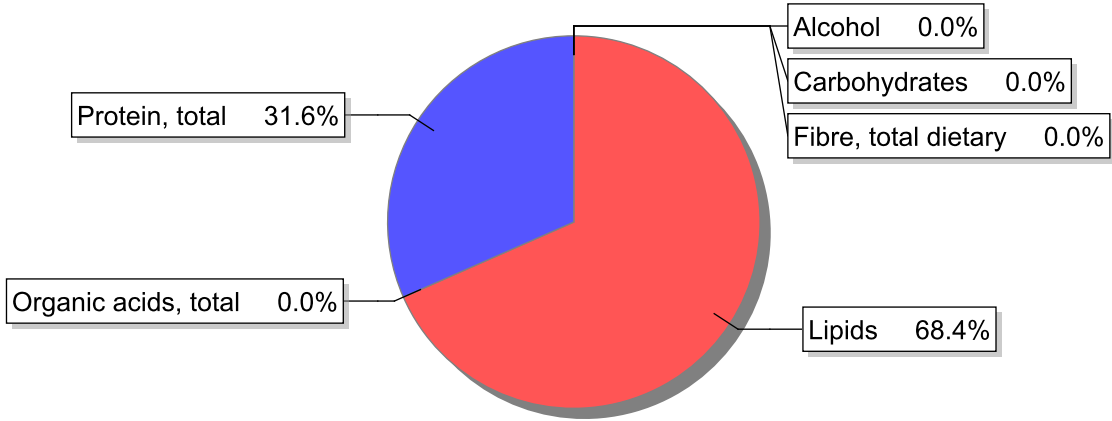
Food

Name: Salmon, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 89%
Code: IS878
FoodEX2 Code: A0C75

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	309	kcal	
energy kJ, total metabolisable	1280	kJ	
fatty acids, total saturated	4.5	g	77
fatty acids, total monounsaturated	8.7	g	77
fatty acids, total polyunsaturated	7.3	g	77
fatty acid 18:2 n-6 cis,cis	0.7	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	
starch, total	0	g	
protein, total	23.8	g	77
alcohol	0	g	
water	49.4	g	77
organic acids, total	0	g	
cholesterol	52	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	70	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	9.2	µg	77
alpha-tocopherol	4.3	mg	77
thiamin	0.19	mg	77
riboflavin	0.12	mg	77
niacin, preformed	4.4	mg	77
niacin equivalents, total	8.8	mg	
niacin equivalents from tryptophan	4.4	mg	77
vitamin B-6, total	0.21	mg	77
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	10	µg	77
ash	2.90	g	77
sodium	780	mg	77
potassium	410	mg	77
calcium	68	mg	77
phosphorus	320	mg	77
magnesium	40	mg	77
iron, total	0.4	mg	77
zinc	0.9	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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