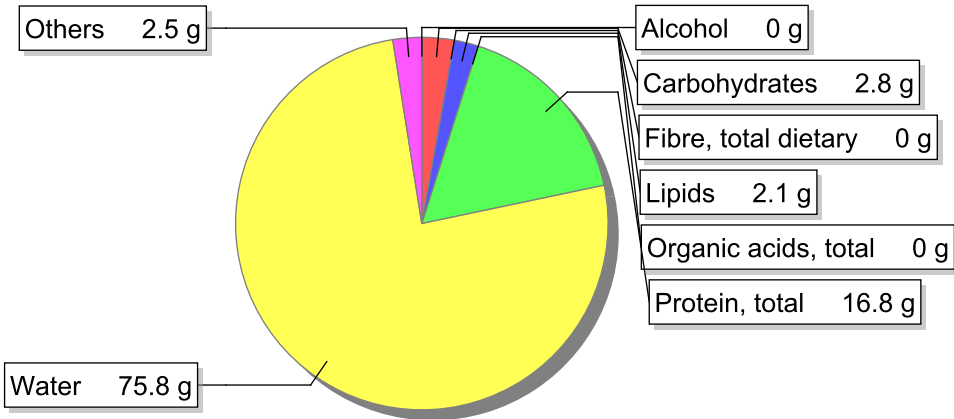


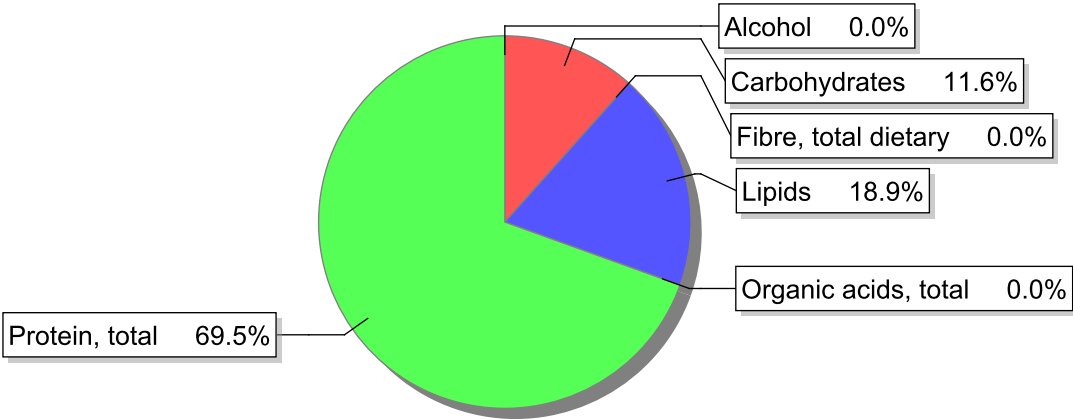
Food

Name: Mussels, boiled, no salt added
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 28%
Code: IS910
FoodEX2 Code: A02HF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	97	kcal	
energy kJ, total metabolisable	411	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.8	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	16.8	g	
alcohol	0	g	
water	75.8	g	
organic acids, total	0	g	
cholesterol	56	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	360	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.1	mg	
riboflavin	0.16	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	21	µg	
vitamin C	0	mg	
folate, total	36	µg	
iodide	290	µg	1138
sodium	360	mg	
potassium	140	mg	
calcium	78	mg	
phosphorus	190	mg	
magnesium	42	mg	
iron, total	4	mg	
zinc	4.1	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB