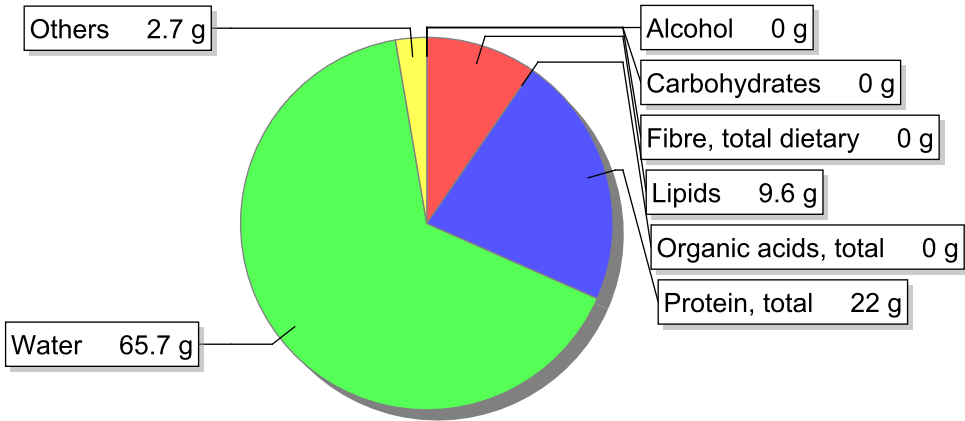


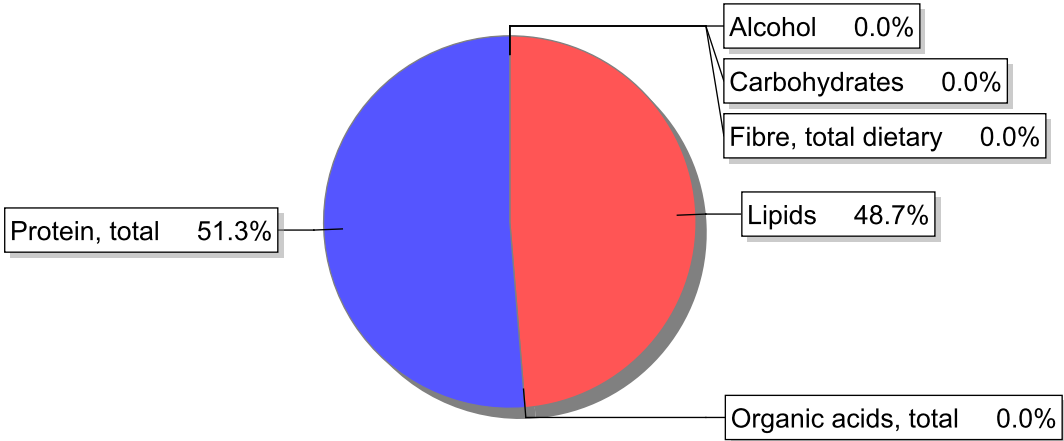
Food

**Name:** Sardine, canned in brine, flesh only  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 70%  
**Code:** IS890  
**FoodEX2 Code:** A0FBZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 174   | kcal |           |
| energy kJ, total metabolisable     | 729   | kJ   |           |
| fatty acids, total saturated       | 2.8   | g    |           |
| fatty acids, total monounsaturated | 2.3   | g    |           |
| fatty acids, total polyunsaturated | 3.3   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.3   | g    |           |
| fatty acids, total trans           | 0.3   | g    |           |
| sugars, total                      | 0     | g    |           |
| sucrose                            | 0     | g    |           |

| Name                                                                   | Value | Unit | Source(s) |
|------------------------------------------------------------------------|-------|------|-----------|
| <b>lactose</b>                                                         | 0     | g    |           |
| <b>salt</b>                                                            | 0.1   | g    |           |
| <b>starch, total</b>                                                   | 0     | g    |           |
| <b>protein, total</b>                                                  | 22    | g    |           |
| <b>alcohol</b>                                                         | 0     | g    |           |
| <b>water</b>                                                           | 65.7  | g    |           |
| <b>organic acids, total</b>                                            | 0     | g    |           |
| <b>cholesterol</b>                                                     | 60    | mg   |           |
| <b>vitamin A; retinol equiv from retinol and carotenoid activities</b> | 9     | µg   |           |
| <b>carotene, total (vitamin A precursors)</b>                          | 0     | µg   |           |
| <b>vitamin D</b>                                                       | 9.8   | µg   |           |
| <b>alpha-tocopherol</b>                                                | 2.2   | mg   |           |
| <b>thiamin</b>                                                         | 0.01  | mg   |           |
| <b>riboflavin</b>                                                      | 0.04  | mg   |           |
| <b>niacin, preformed</b>                                               | 5.5   | mg   |           |
| <b>niacin equivalents, total</b>                                       | 9.6   | mg   |           |
| <b>niacin equivalents from tryptophan</b>                              | 4.1   | mg   |           |
| <b>vitamin B-6, total</b>                                              | 0.19  | mg   |           |
| <b>vitamin B-12</b>                                                    | 13    | µg   |           |
| <b>vitamin C</b>                                                       | 0     | mg   |           |
| <b>folate, total</b>                                                   | 15    | µg   |           |
| <b>ash</b>                                                             | 2.00  | g    |           |
| <b>sodium</b>                                                          | 46    | mg   |           |
| <b>potassium</b>                                                       | 320   | mg   |           |
| <b>calcium</b>                                                         | 47    | mg   |           |
| <b>phosphorus</b>                                                      | 220   | mg   |           |
| <b>magnesium</b>                                                       | 28    | mg   |           |
| <b>iron, total</b>                                                     | 2.6   | mg   |           |
| <b>zinc</b>                                                            | 1.4   | mg   |           |

## Legend

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

## References

| Id   | Reference              |
|------|------------------------|
| 1138 | TDS_Iodo_2016_INSA_LAB |