

Food

Name: Redfish, baked with onion, tomato, olive oil and bacon

Group: Fish and fish products

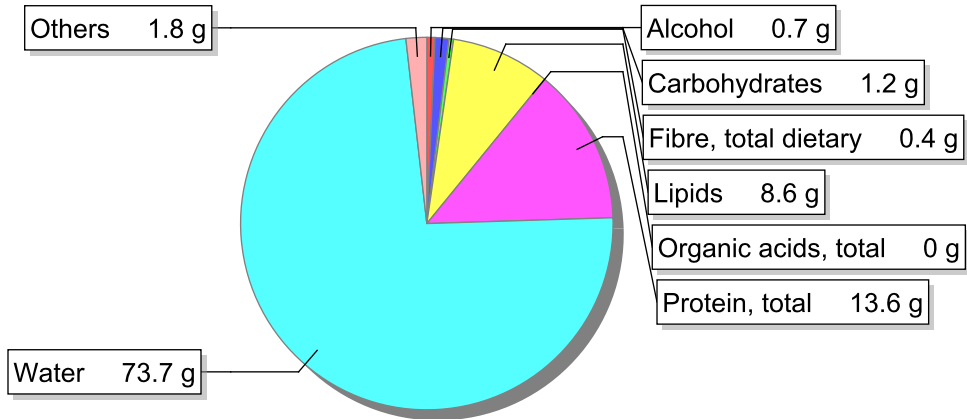
Subgroup: Fish (includes fish dishes)

Edible Part: 68%

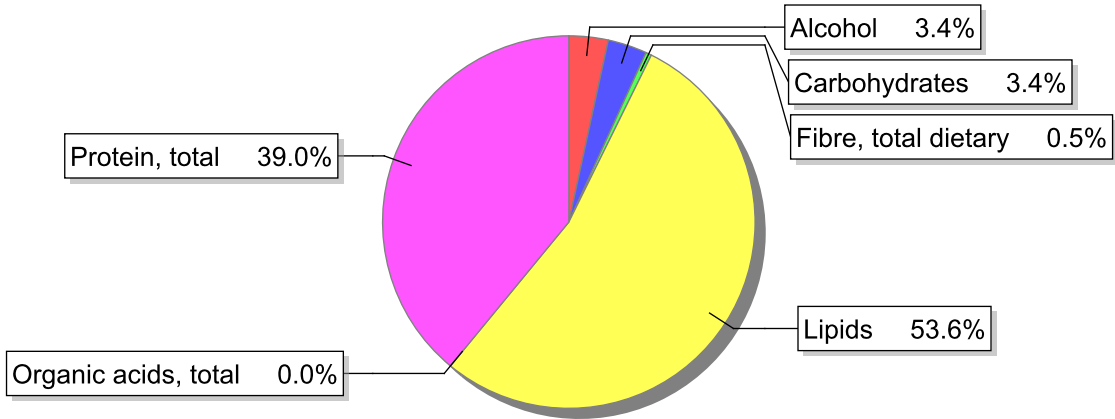
Code: IS904

FoodEX2 Code: A03XS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	142	kcal	
energy kJ, total metabolisable	593	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	5.3	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.808	g	
fatty acids, total trans	0.0	g	
sugars, total	1.1	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	0.4	g	
protein, total	13.6	g	
alcohol	0.7	g	
water	73.7	g	
organic acids, total	0	g	
cholesterol	31	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	32	µg	
carotene, total (vitamin A precursors)	106	µg	
vitamin D	1.4	µg	
alpha-tocopherol	1.89	mg	
thiamin	0.1	mg	
riboflavin	0.06	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	4.76	mg	
niacin equivalents from tryptophan	2.52	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	1.5	µg	
vitamin C	3.9	mg	
folate, total	7.2	µg	
ash	1.80	g	
sodium	360	mg	
potassium	270	mg	
calcium	17	mg	
phosphorus	140	mg	
magnesium	25	mg	
iron, total	0.6	mg	
zinc	0.5	mg	

Legend

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

References