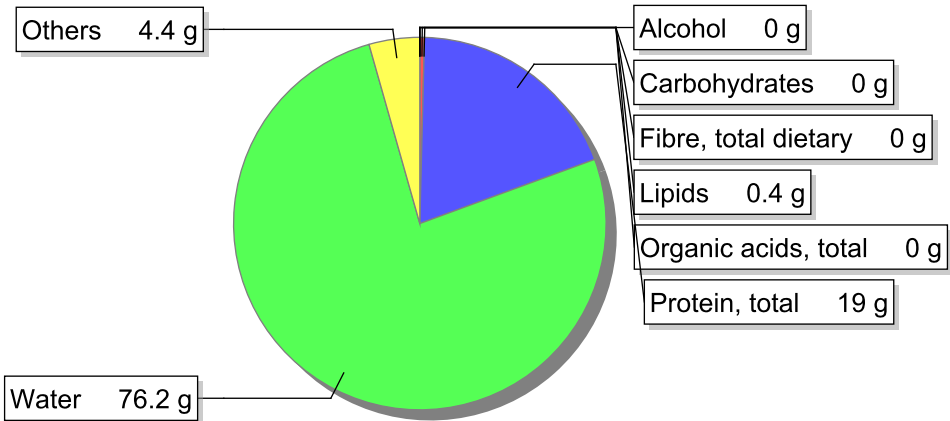


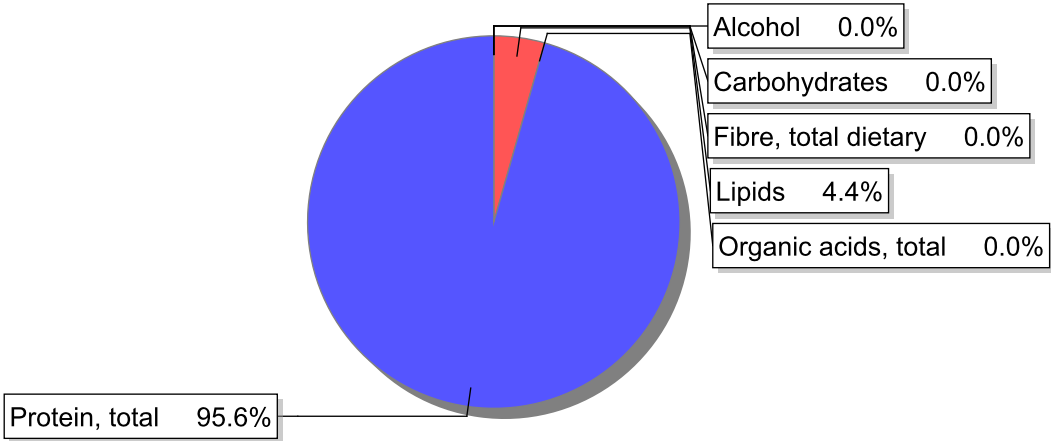
Food

Name: Codfish, dry and salted, soaked, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 75%
Code: IS804
FoodEX2 Code: A0FCB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	80	kcal	
energy kJ, total metabolisable	338	kJ	
fatty acids, total saturated	0.1	g	77
fatty acids, total monounsaturated	0.1	g	77
fatty acids, total polyunsaturated	0.1	g	77
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
fibres, total dietary	0	g	
protein, total	19	g	77
alcohol	0	g	
water	76.2	g	77
organic acids, total	0	g	
cholesterol	52	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.5	µg	77
alpha-tocopherol	0.28	mg	77
thiamin	0.05	mg	77
riboflavin	0.07	mg	77
niacin, preformed	0.76	mg	77
niacin equivalents, total	4.3	mg	
niacin equivalents from tryptophan	3.5	mg	77
vitamin B-6, total	0.07	mg	77
vitamin B-12	0.95	µg	77
vitamin C	0	mg	
folate, total	8.1	µg	77
ash	3.40	g	77
sodium	1480	mg	77
potassium	36	mg	77
calcium	33	mg	77
phosphorus	120	mg	77
magnesium	23	mg	77
iron, total	0.2	mg	77
zinc	0.8	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; Bárto, 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.