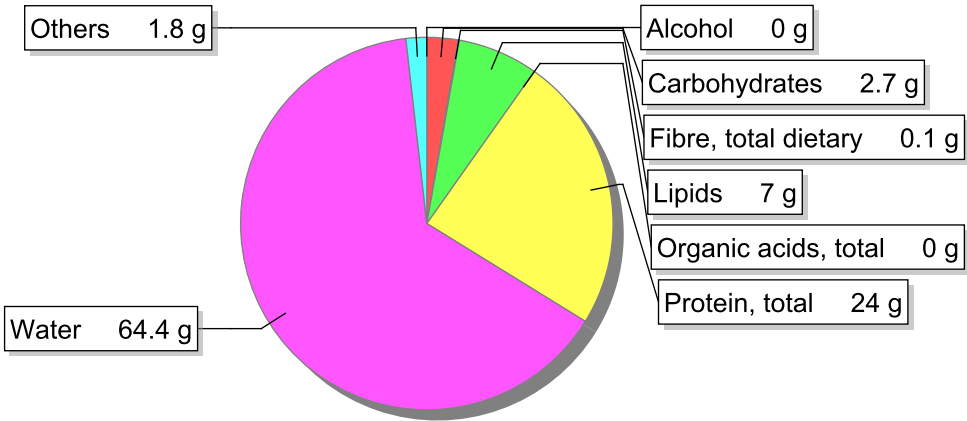


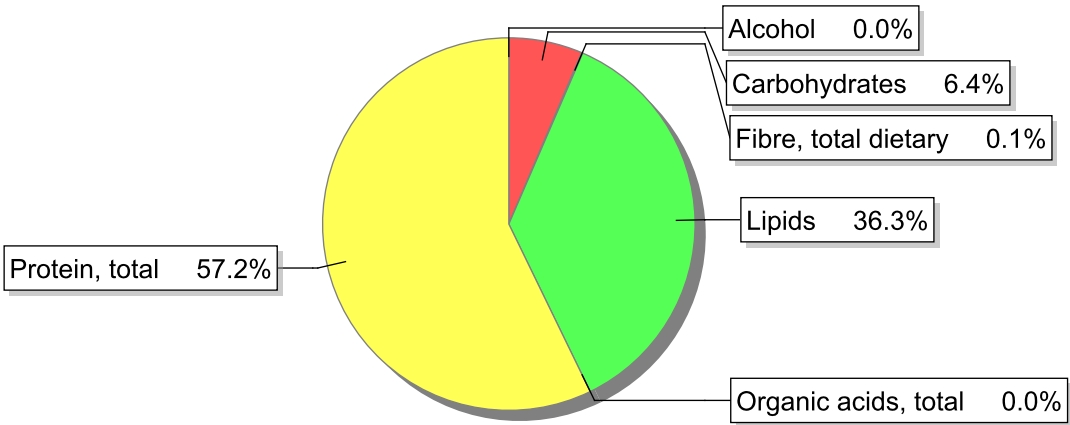
Food

Name: Dogfish, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 90%
Code: IS816
FoodEX2 Code: A02DN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	170	kcal	
energy kJ, total metabolisable	714	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	4.4	g	
fatty acid 18:2 n-6 cis,cis	4.32	g	
fatty acids, total trans	0.0	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.1	g	
protein, total	24	g	
alcohol	0	g	
water	64.4	g	
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	4.54	mg	
thiamin	0.04	mg	
riboflavin	0.03	mg	
niacin, preformed	2.1	mg	
niacin equivalents, total	6.74	mg	
niacin equivalents from tryptophan	4.45	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	3.5	µg	
vitamin C	0	mg	
folate, total	6.4	µg	
ash	2.09	g	
sodium	480	mg	
potassium	300	mg	
calcium	18	mg	
phosphorus	210	mg	
magnesium	38	mg	
iron, total	0.1	mg	
zinc	0.4	mg	

Legend

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

References