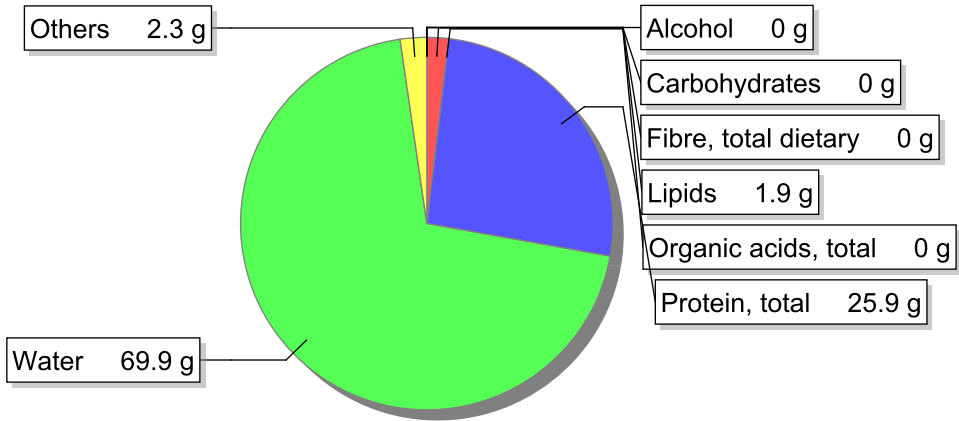


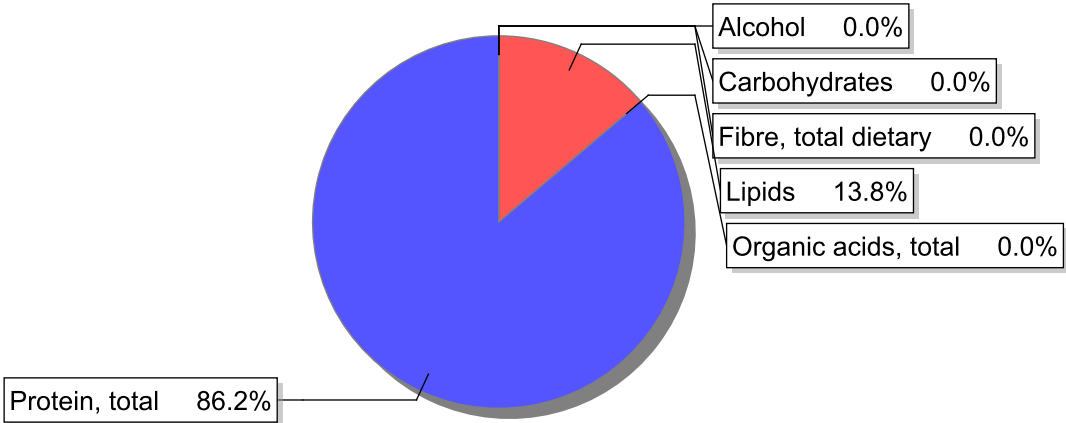
Food

Name: White grouper, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 75%
Code: IS901
FoodEX2 Code: A0FAS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	121	kcal	
energy kJ, total metabolisable	511	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.5	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	
starch, total	0	g	
protein, total	25.9	g	
alcohol	0	g	
water	69.9	g	
organic acids, total	0	g	
cholesterol	47	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	63	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	8.4	µg	
alpha-tocopherol	3.5	mg	
thiamin	0.03	mg	
riboflavin	0.06	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	6.5	mg	
niacin equivalents from tryptophan	5.1	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	6.4	µg	
ash	2.30	g	
sodium	470	mg	
potassium	340	mg	
calcium	24	mg	
phosphorus	200	mg	
magnesium	35	mg	
iron, total	0.7	mg	
zinc	0.7	mg	

Legend

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

References