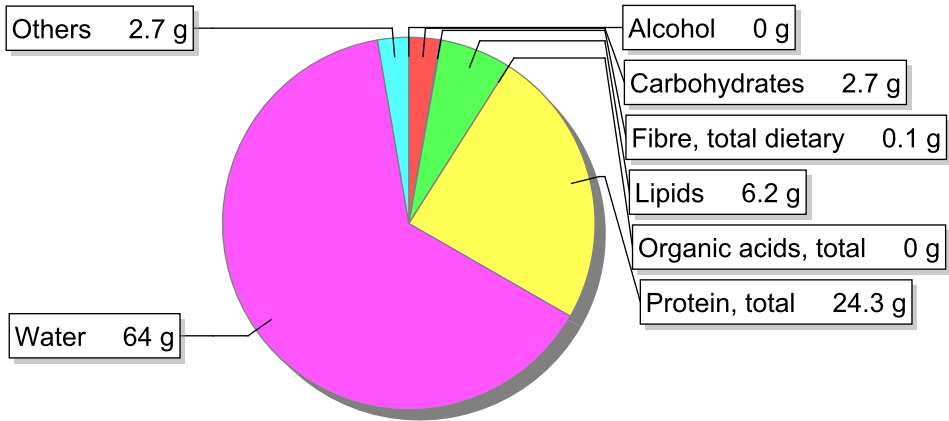


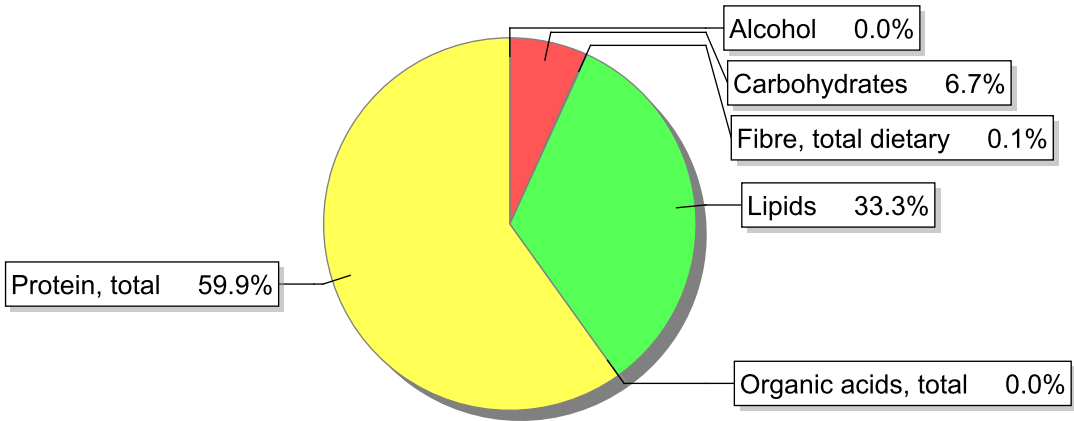
Food

Name: Common sole, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 59%
Code: IS847
FoodEX2 Code: A02BF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	164	kcal	
energy kJ, total metabolisable	689	kJ	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	4	g	
fatty acid 18:2 n-6 cis,cis	3.83	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	
starch, total	2.6	g	
protein, total	24.3	g	
alcohol	0	g	
water	64	g	
organic acids, total	0	g	
cholesterol	53	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	5	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	9.8	µg	
alpha-tocopherol	4.04	mg	
thiamin	0.09	mg	
riboflavin	0.14	mg	
niacin, preformed	3	mg	
niacin equivalents, total	7.99	mg	
niacin equivalents from tryptophan	4.6	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	10	µg	
ash	2.45	g	
sodium	400	mg	
potassium	400	mg	
calcium	26	mg	
phosphorus	240	mg	
magnesium	39	mg	
iron, total	0.3	mg	
zinc	0.7	mg	

Legend

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

References