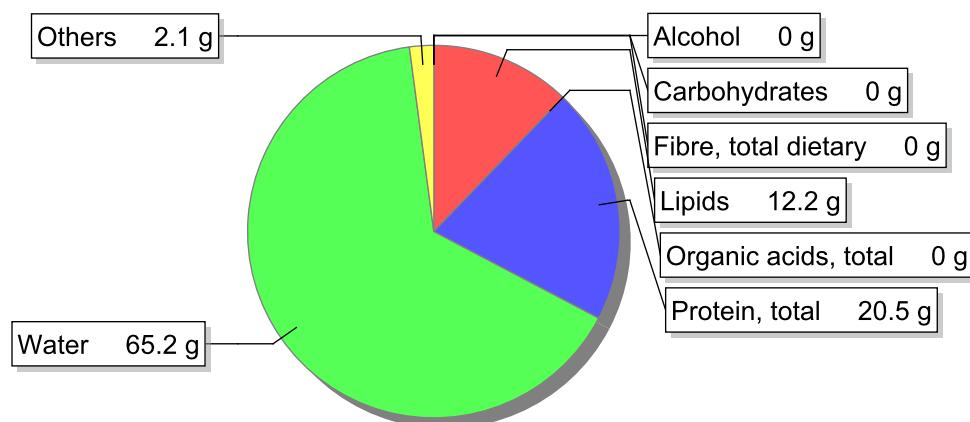


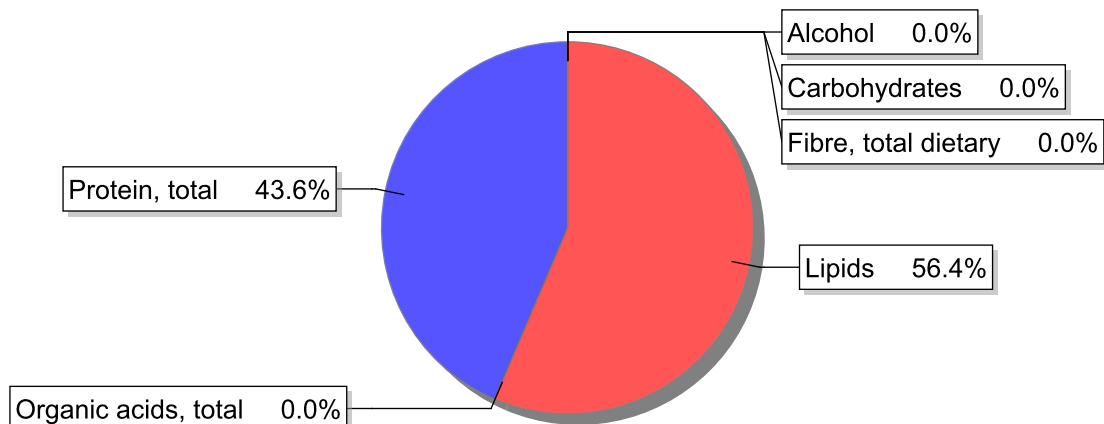
Food

Name: Chub mackerel, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 53%
Code: IS821
FoodEX2 Code: A02CX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	192	kcal	
energy kJ, total metabolisable	800	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	4.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	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	20.5	g	
alcohol	0	g	
water	65.2	g	
organic acids, total	0	g	
cholesterol	48	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	21	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.3	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.11	mg	
riboflavin	0.25	mg	
niacin, preformed	8.6	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.75	mg	
vitamin B-12	12	µg	
vitamin C	0	mg	
folate, total	13	µg	
ash	2.10	g	
sodium	330	mg	
potassium	330	mg	
calcium	42	mg	
phosphorus	260	mg	
magnesium	33	mg	
iron, total	1	mg	
zinc	2.3	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB