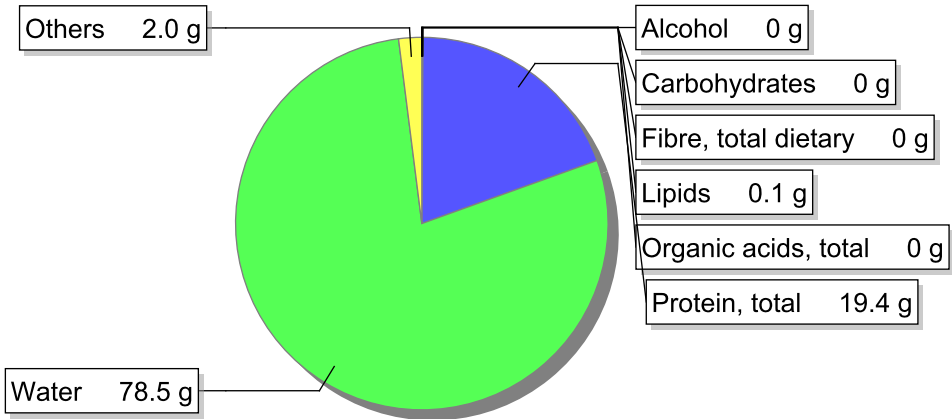


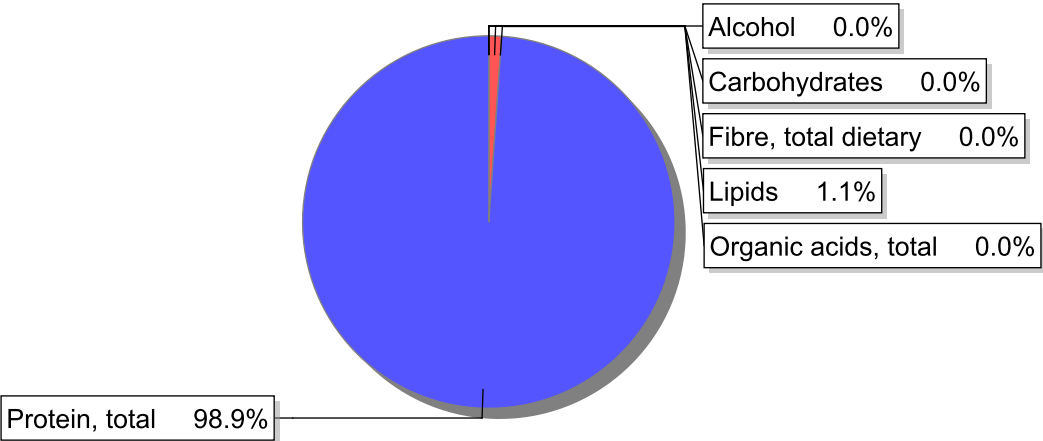
Food

Name: Forkbeard, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 49%
Code: IS801
FoodEX2 Code: A02BT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	79	kcal	
energy kJ, total metabolisable	334	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	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	
fibre, total dietary	0	g	
protein, total	19.4	g	
alcohol	0	g	
water	78.5	g	
organic acids, total	0	g	
cholesterol	26	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.04	mg	
thiamin	0.03	mg	
riboflavin	0.02	mg	
niacin, preformed	0.47	mg	
niacin equivalents, total	4.1	mg	
niacin equivalents from tryptophan	3.6	mg	77
vitamin B-6, total	0.05	mg	
vitamin B-12	0.4	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	2.00	g	77
sodium	360	mg	
potassium	360	mg	
calcium	13	mg	
phosphorus	270	mg	
magnesium	36	mg	
iron, total	0.2	mg	
zinc	0.6	mg	

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; Bártolo, 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.
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