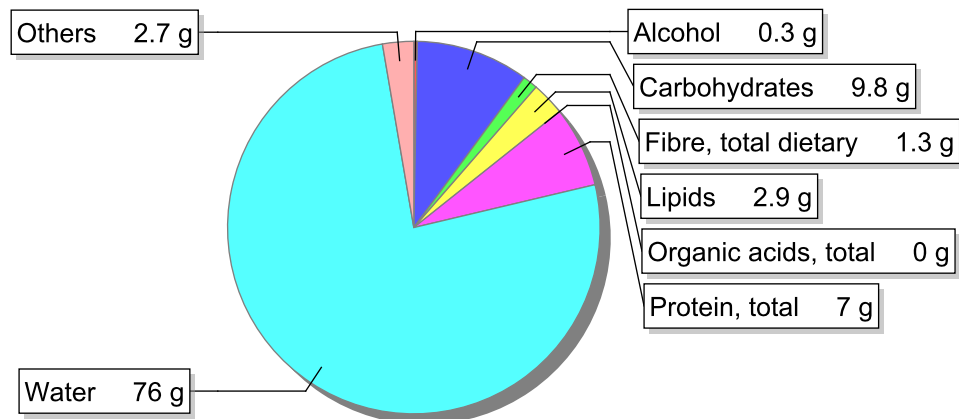


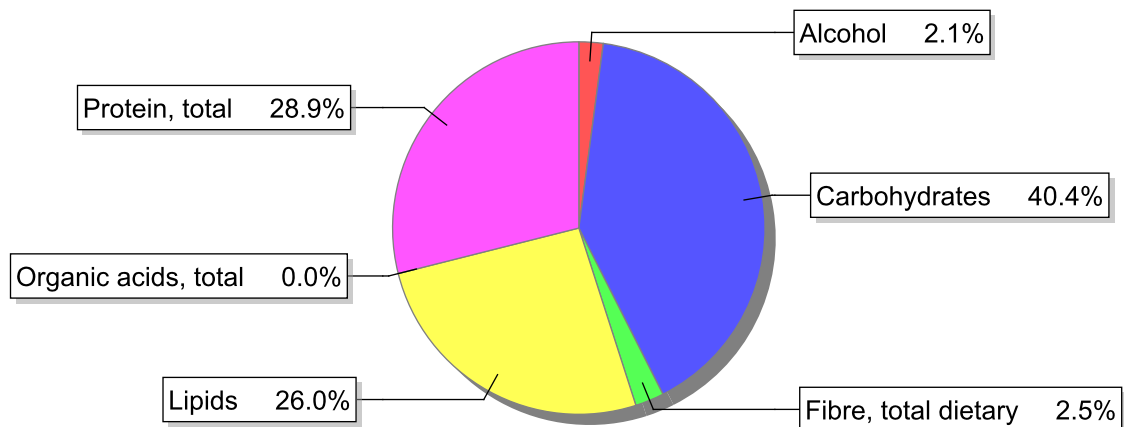
Food

Name: Bouillabaisse made with conger, ray and anglerfish
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 86%
Code: IS895
FoodEX2 Code: A03XQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	98	kcal	
energy kJ, total metabolisable	412	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.215	g	
fatty acids, total trans	0	g	
sugars, total	1.8	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.2	g	
starch, total	7.8	g	
protein, total	7	g	
alcohol	0.3	g	
water	76	g	
organic acids, total	0	g	
cholesterol	14	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	44	µg	
carotene, total (vitamin A precursors)	113	µg	
vitamin D	6.1	µg	
alpha-tocopherol	0.87	mg	
thiamin	0.12	mg	
riboflavin	0.02	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	2.79	mg	
niacin equivalents from tryptophan	1.33	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.1	µg	
vitamin C	8.9	mg	
folate, total	17	µg	
ash	1.85	g	
sodium	370	mg	
potassium	330	mg	
calcium	45	mg	
phosphorus	100	mg	
magnesium	20	mg	
iron, total	0.4	mg	
zinc	0.4	mg	

Legend

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

References