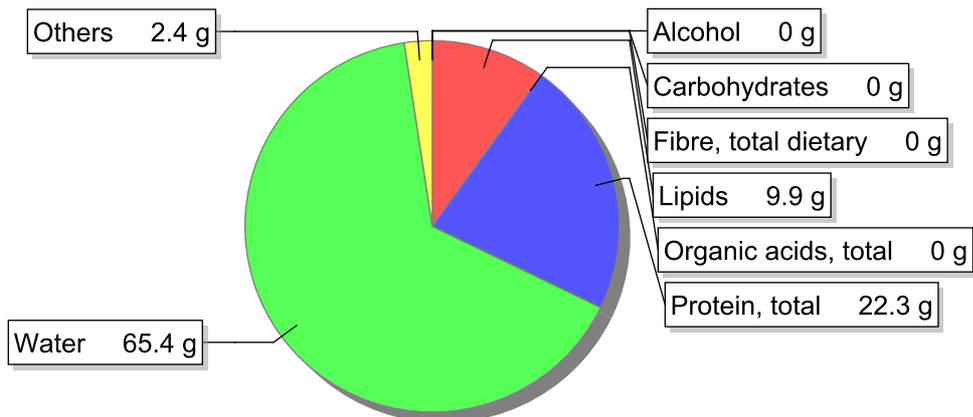


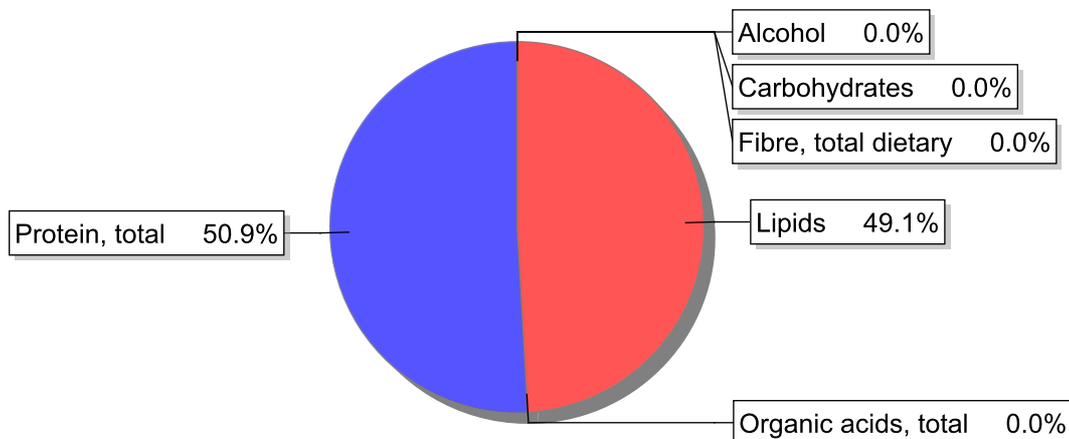
Food

Name: Gilthead seabream, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 47%
Code: IS830
FoodEX2 Code: A0FAR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	178	kcal	
energy kJ, total metabolisable	745	kJ	
fatty acids, total saturated	1.9	g	77
fatty acids, total monounsaturated	3.2	g	77
fatty acids, total polyunsaturated	3.3	g	77
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.6	g	
fibre, total dietary	0	g	
protein, total	22.3	g	77
alcohol	0	g	
water	65.4	g	77
organic acids, total	0	g	
cholesterol	97	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	7.9	µg	77
alpha-tocopherol	0.16	mg	77
thiamin	0.23	mg	77
riboflavin	0.12	mg	77
niacin, preformed	4.4	mg	77
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	4.2	mg	77
vitamin B-6, total	0.28	mg	77
vitamin B-12	4.2	µg	77
vitamin C	0	mg	
folate, total	29	µg	77
ash	2.30	g	77
sodium	650	mg	77
potassium	490	mg	77
calcium	65	mg	
phosphorus	320	mg	77
magnesium	35	mg	77
iron, total	0.5	mg	77
zinc	1	mg	77

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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