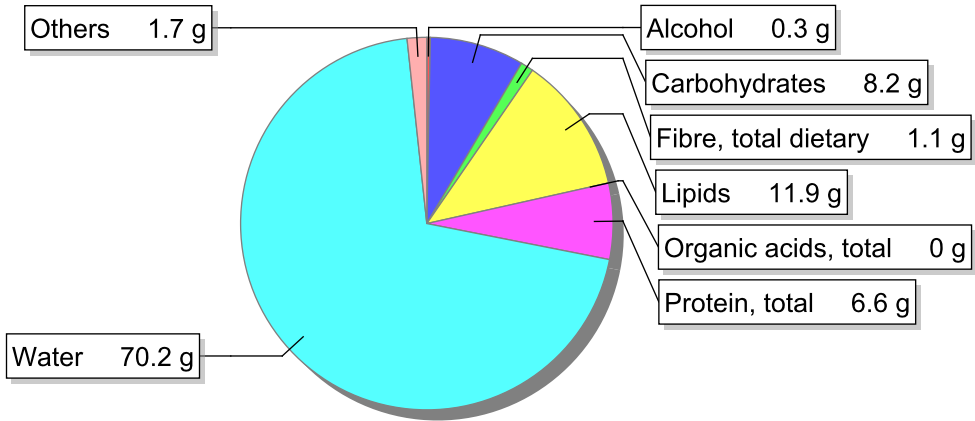


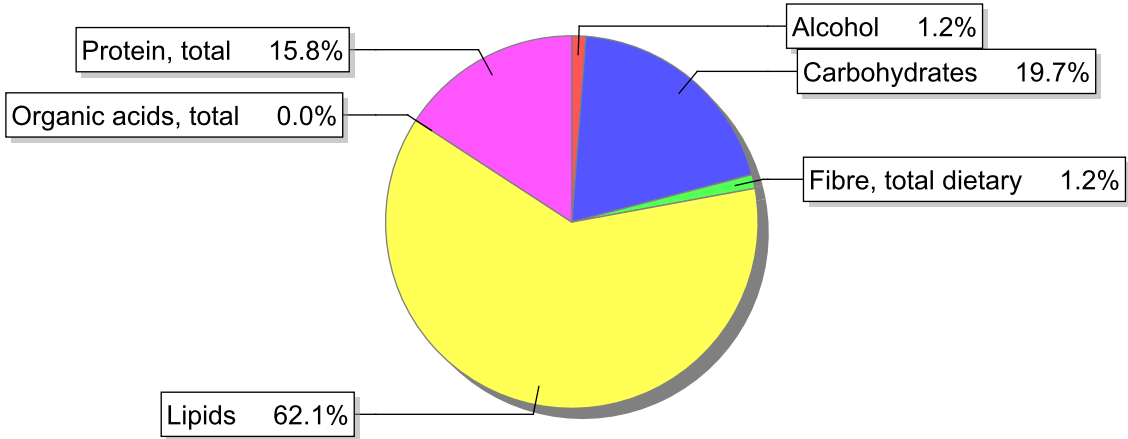
Food

Name: Eel, bouillabaisse
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 86%
Code: IS833
FoodEX2 Code: A03XJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	171	kcal	
energy kJ, total metabolisable	709	kJ	
fatty acids, total saturated	3.5	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	3.9	g	
fatty acid 18:2 n-6 cis,cis	0.160	g	
fatty acids, total trans	0	g	
sugars, total	1.7	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	1.1	g	
protein, total	6.6	g	
alcohol	0.3	g	
water	70.2	g	
organic acids, total	0	g	
cholesterol	10	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	369	µg	
carotene, total (vitamin A precursors)	112	µg	
vitamin D	4.6	µg	
alpha-tocopherol	1.42	mg	
thiamin	0.15	mg	
riboflavin	0.08	mg	
niacin, preformed	0.95	mg	
niacin equivalents, total	2.51	mg	
niacin equivalents from tryptophan	1.24	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	0.54	µg	
vitamin C	7.4	mg	
folate, total	13	µg	
ash	1.53	g	
sodium	240	mg	
potassium	280	mg	
calcium	68	mg	
phosphorus	100	mg	
magnesium	16	mg	
iron, total	0.5	mg	
zinc	1.2	mg	

Legend

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

References