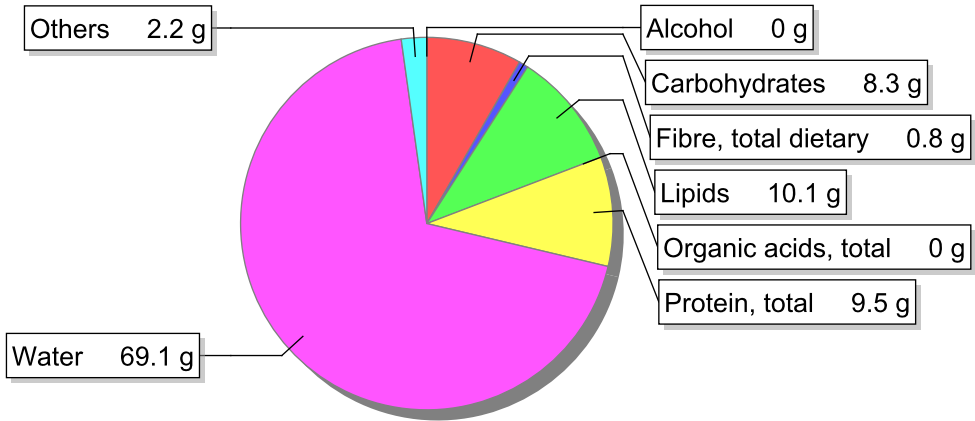


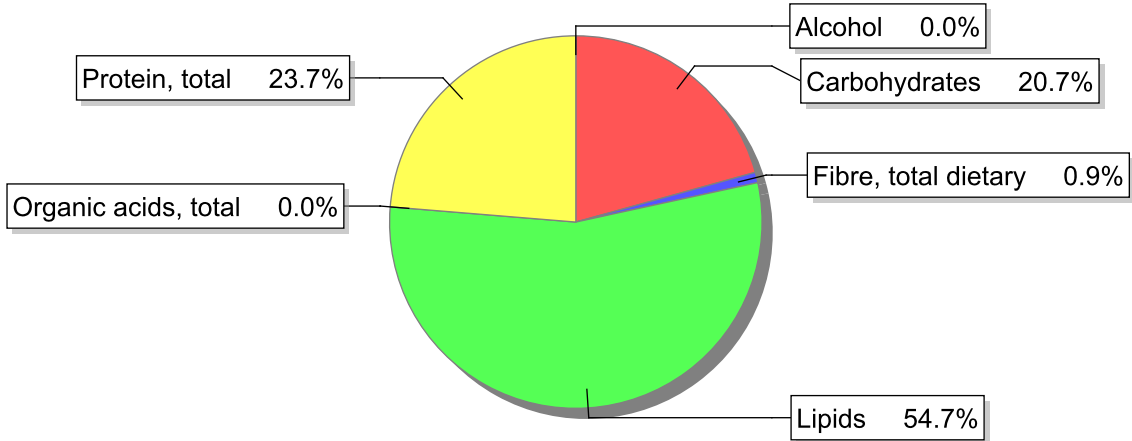
Food

Name: Codfish, dry and salted, soaked, cooked "à Brás"
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS809
FoodEX2 Code: A03XQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	164	kcal	
energy kJ, total metabolisable	683	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	3.8	g	
fatty acids, total polyunsaturated	4.2	g	
fatty acid 18:2 n-6 cis,cis	4.13	g	
fatty acids, total trans	0.0	g	
sugars, total	0.8	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.4	g	
fibre, total dietary	0.8	g	
protein, total	9.5	g	
alcohol	0	g	
water	69.1	g	
organic acids, total	0	g	
cholesterol	84	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	32	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.5	µg	
alpha-tocopherol	4.37	mg	
thiamin	0.11	mg	
riboflavin	0.09	mg	
niacin, preformed	0.85	mg	
niacin equivalents, total	2.94	mg	
niacin equivalents from tryptophan	2.03	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0.44	µg	
vitamin C	6	mg	
folate, total	20	µg	
ash	1.89	g	
sodium	540	mg	
potassium	240	mg	
calcium	26	mg	
phosphorus	86	mg	
magnesium	16	mg	
iron, total	0.5	mg	
zinc	0.6	mg	

Legend

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

References