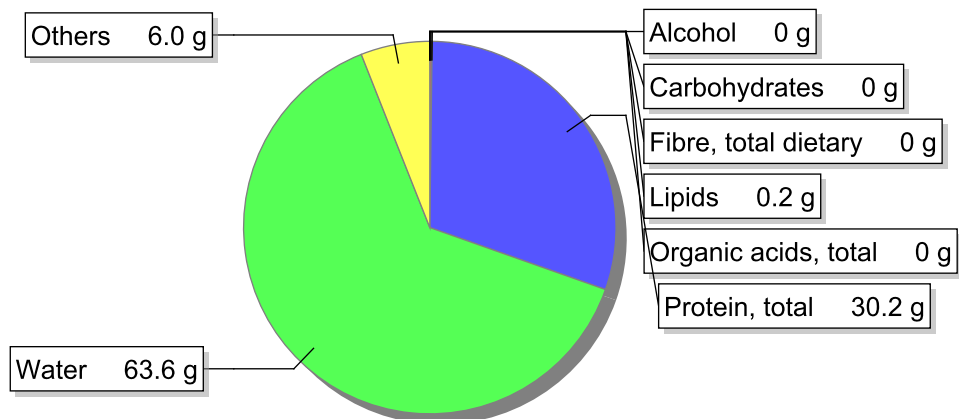


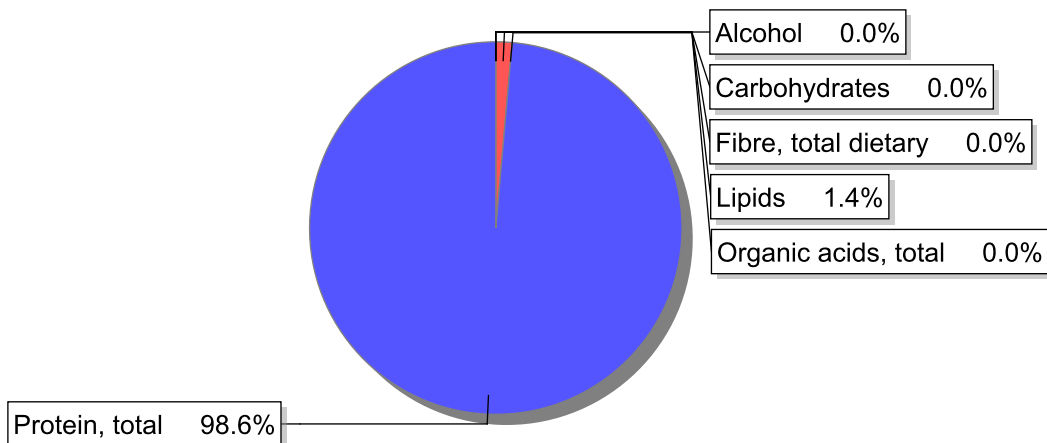
Food

Name: Codfish, dry and salted, soaked, grilled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 75%
Code: IS806
FoodEX2 Code: A0FCB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	123	kcal	
energy kJ, total metabolisable	521	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	77
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
fibres, total dietary	0	g	
protein, total	30.2	g	77
alcohol	0	g	
water	63.6	g	77
organic acids, total	0	g	
cholesterol	79	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	77
alpha-tocopherol	0.34	mg	77
thiamin	0.05	mg	77
riboflavin	0.06	mg	77
niacin, preformed	0.48	mg	77
niacin equivalents, total	6.1	mg	
niacin equivalents from tryptophan	5.6	mg	77
vitamin B-6, total	0.05	mg	77
vitamin B-12	0.6	µg	
vitamin C	0	mg	
folate, total	9.9	µg	77
ash	4.90	g	77
sodium	1250	mg	77
potassium	40	mg	77
calcium	52	mg	77
phosphorus	170	mg	77
magnesium	57	mg	77
iron, total	0.5	mg	77
zinc	1.2	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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