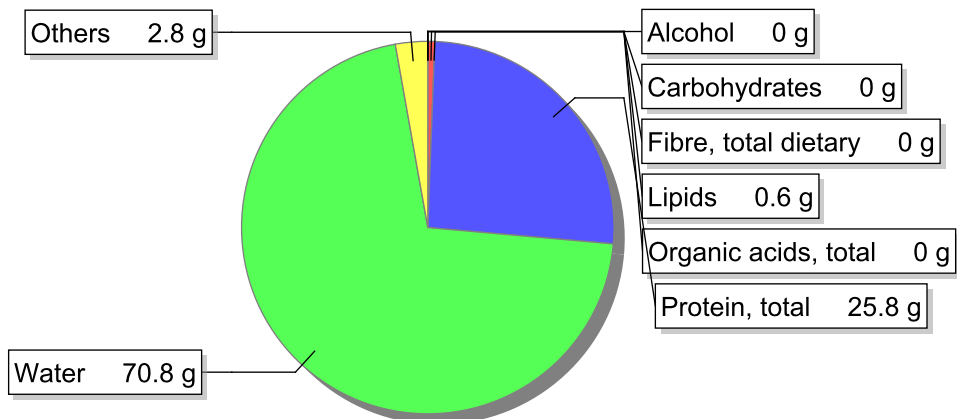


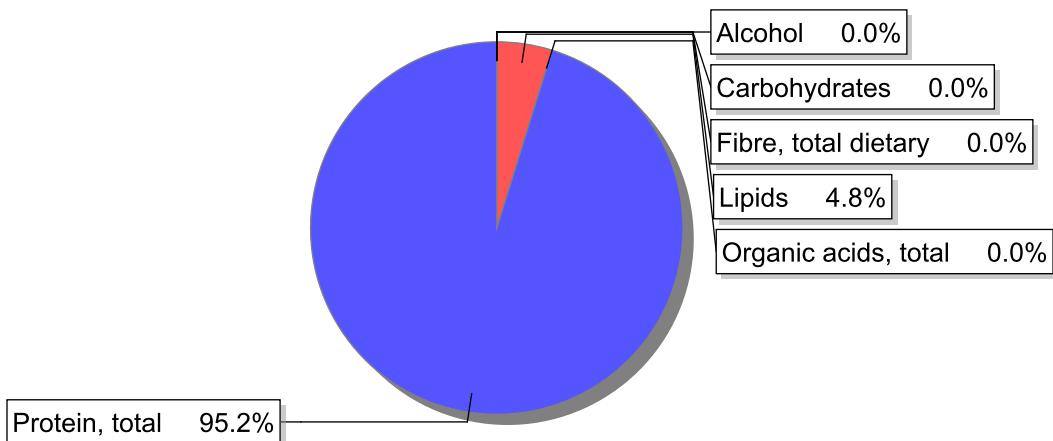
Food

Name: Cuttlefish, grilled
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 61%
Code: IS913
FoodEX2 Code: A02JA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	109	kcal	
energy kJ, total metabolisable	461	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	25.8	g	
alcohol	0	g	
water	70.8	g	
organic acids, total	0	g	
cholesterol	110	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	12	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.05	mg	
riboflavin	0.04	mg	
niacin, preformed	1.4	mg	
niacin equivalents, total	6.9	mg	
niacin equivalents from tryptophan	5.5	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	1.4	µg	
vitamin C	0	mg	
folate, total	10	µg	
ash	2.80	g	
sodium	530	mg	
potassium	390	mg	
calcium	12	mg	
phosphorus	350	mg	
magnesium	64	mg	
iron, total	0.1	mg	
zinc	2.5	mg	

Legend

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

References