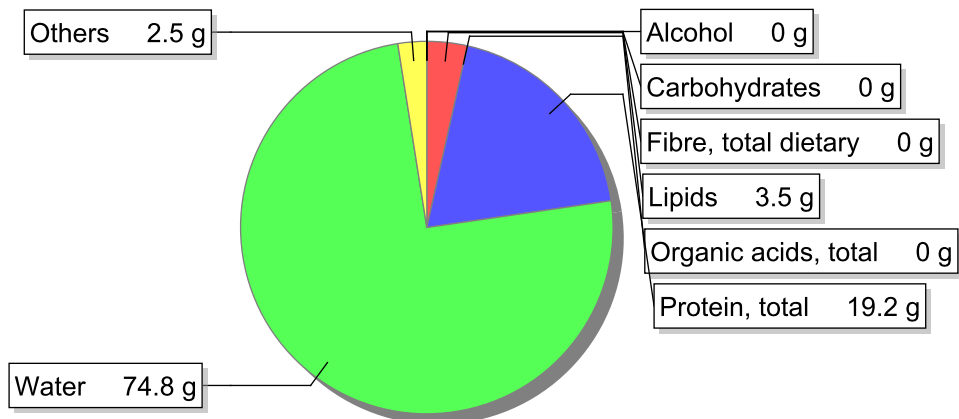


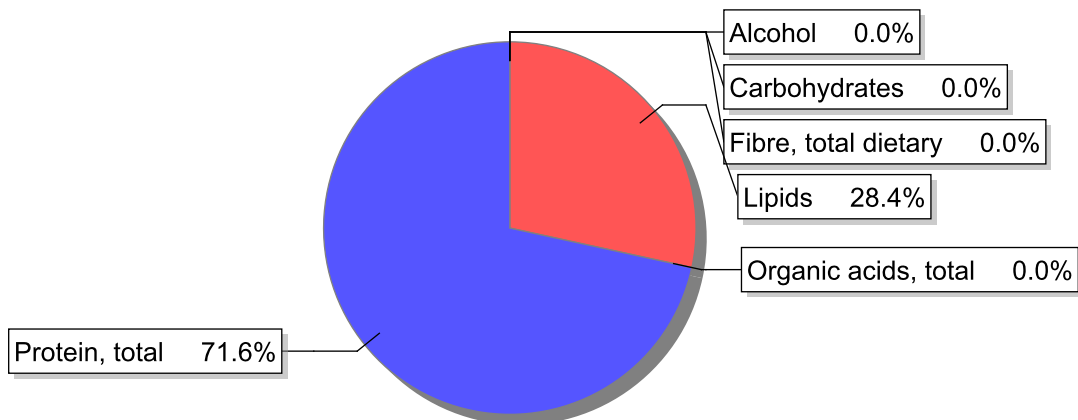
### Food

**Name:** Red seabream, boiled  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 44%  
**Code:** IS838  
**FoodEX2 Code:** A029V

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	108	kcal	
energy kJ, total metabolisable	456	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	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	
salt	0.9	g	
fibre, total dietary	0	g	
protein, total	19.2	g	
alcohol	0	g	
water	74.8	g	
organic acids, total	0	g	
cholesterol	36	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	19	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	15	µg	
alpha-tocopherol	0.8	mg	
thiamin	0.04	mg	
riboflavin	0.05	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	6.1	mg	
niacin equivalents from tryptophan	3.6	mg	
vitamin B-6, total	0.31	mg	
vitamin B-12	0.87	µg	
vitamin C	0	mg	
folate, total	15	µg	
iodide	130	µg	1138
sodium	360	mg	
potassium	340	mg	
calcium	6	mg	
phosphorus	250	mg	
magnesium	41	mg	
iron, total	0.4	mg	
zinc	0.8	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB