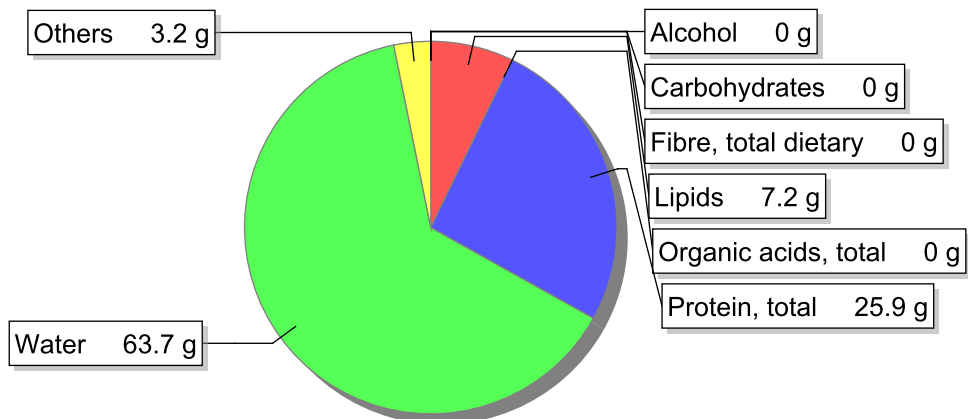


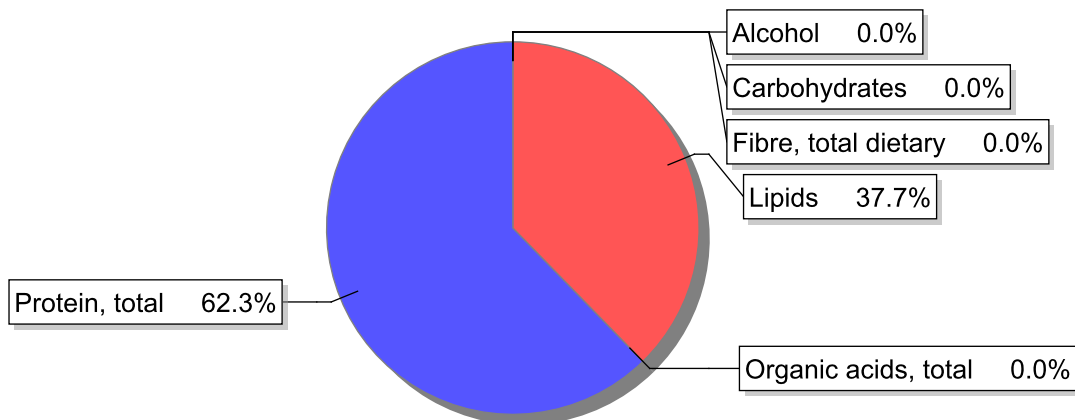
## Food

**Name:** Sardine, medium-fat, grilled  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 57%  
**Code:** IS886  
**FoodEX2 Code:** A02DB

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	168	kcal	
energy kJ, total metabolisable	707	kJ	
fatty acids, total saturated	2.2	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	2.7	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.2	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	25.9	g	
alcohol	0	g	
water	63.7	g	
organic acids, total	0	g	
cholesterol	38	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	11	µg	
alpha-tocopherol	0.7	mg	
thiamin	0.05	mg	
riboflavin	0.19	mg	
niacin, preformed	8.4	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	4.8	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	9.3	µg	
vitamin C	0	mg	
folate, total	31	µg	
ash	3.10	g	
sodium	390	mg	
potassium	500	mg	
calcium	67	mg	
phosphorus	310	mg	
magnesium	35	mg	
iron, total	1.9	mg	
zinc	1.2	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB