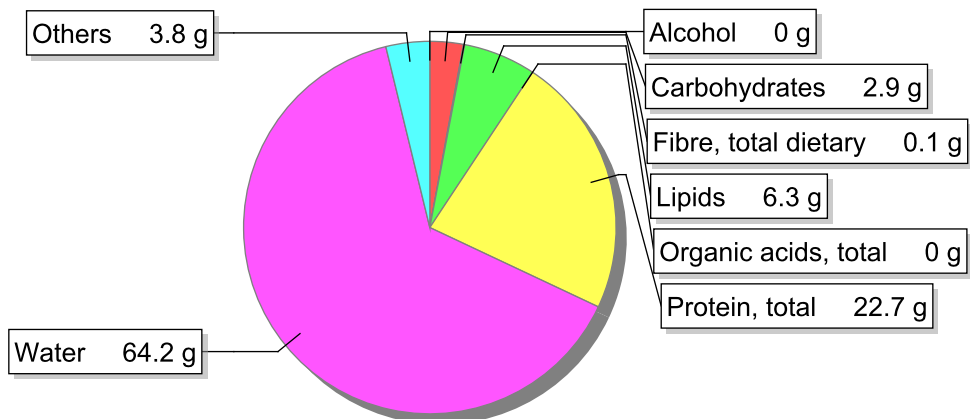


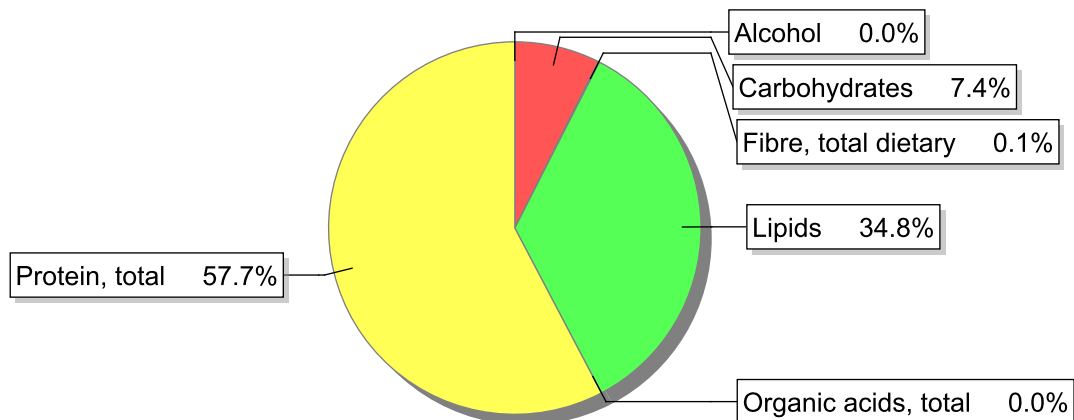
Food

Name: Silver scabbardfish, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 59%
Code: IS858
FoodEX2 Code: A0FBG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	159	kcal	
energy kJ, total metabolisable	669	kJ	
fatty acids, total saturated	1	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	3	g	
fatty acid 18:2 n-6 cis,cis	2.4	g	
fatty acids, total trans	0	g	
sugars, total	0.1	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.8	g	
fibre, total dietary	0.1	g	
protein, total	22.7	g	
alcohol	0	g	
water	64.2	g	
organic acids, total	0	g	
cholesterol	39	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	16	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	
alpha-tocopherol	5	mg	
thiamin	0.04	mg	
riboflavin	0.05	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	7.5	mg	
niacin equivalents from tryptophan	4.2	mg	77
vitamin B-6, total	0.16	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	25	µg	
ash	2.90	g	
sodium	320	mg	
potassium	260	mg	
calcium	17	mg	
phosphorus	170	mg	
magnesium	25	mg	
iron, total	0.3	mg	
zinc	0.7	mg	

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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