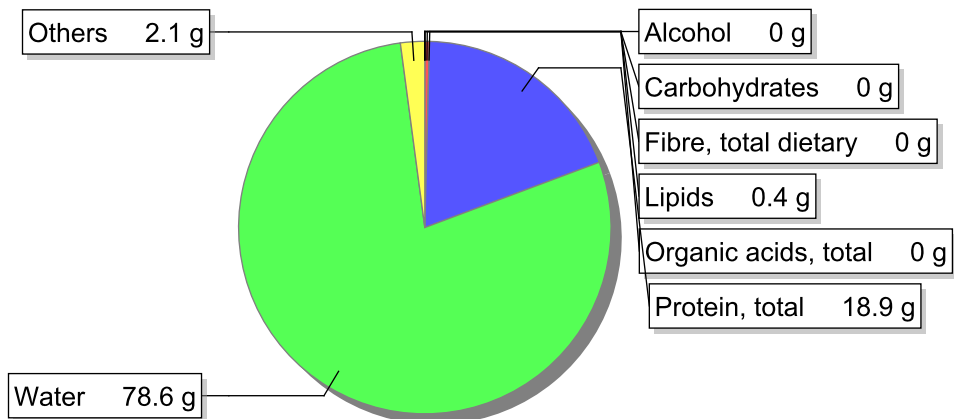


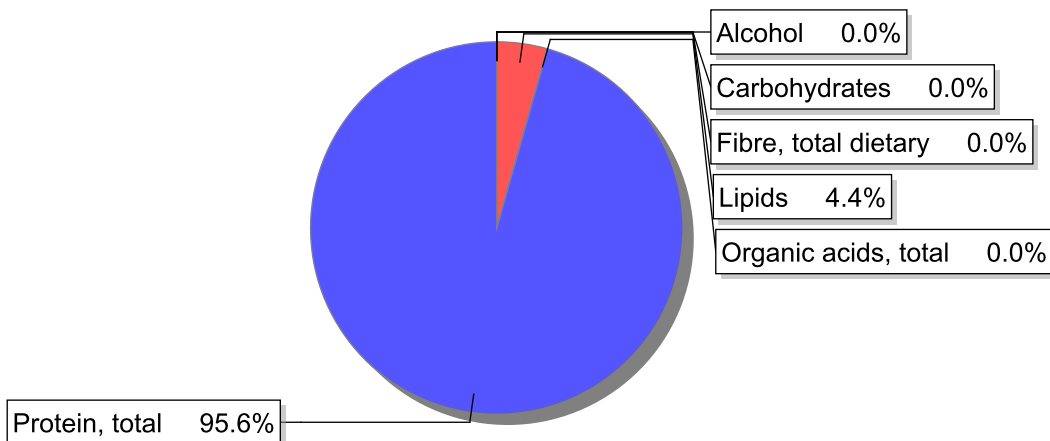
Food

Name: Cuttlefish, raw
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 61%
Code: IS912
FoodEX2 Code: A02JA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	79	kcal	
energy kJ, total metabolisable	336	kJ	
fatty acids, total saturated	0.1	g	77
fatty acids, total monounsaturated	0.1	g	77
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	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	18.9	g	77
alcohol	0	g	
water	78.6	g	77
organic acids, total	0	g	
cholesterol	76	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.94	mg	77
thiamin	0.04	mg	77
riboflavin	0.03	mg	77
niacin, preformed	1.1	mg	77
niacin equivalents, total	5.1	mg	
niacin equivalents from tryptophan	4	mg	77
vitamin B-6, total	0.06	mg	77
vitamin B-12	1.2	µg	77
vitamin C	0	mg	
folate, total	8.8	µg	77
ash	1.40	g	77
sodium	200	mg	77
potassium	320	mg	77
calcium	8	mg	77
phosphorus	270	mg	77
magnesium	49	mg	77
iron, total	0.1	mg	77
zinc	1.7	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.