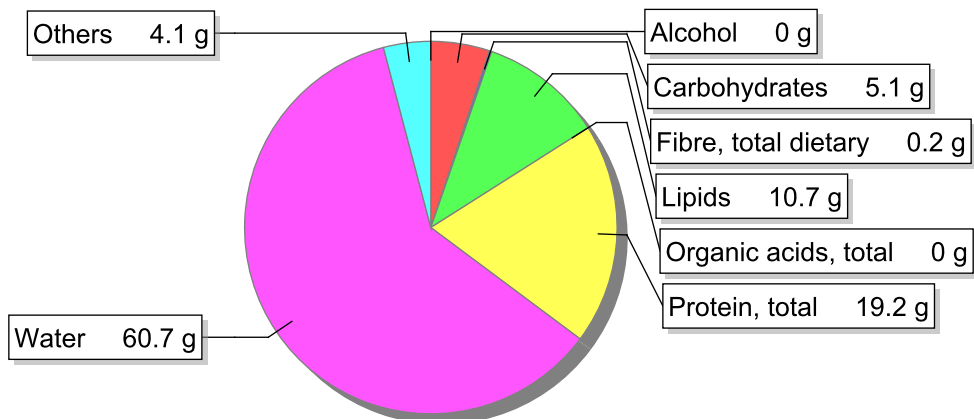


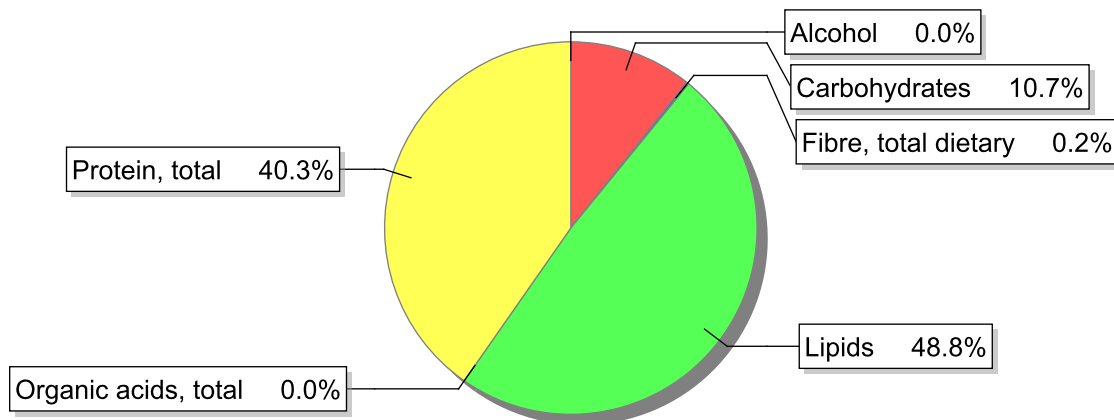
Food

Name: Codfish, dry and salted, soaked, fillets, fried
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS808
FoodEX2 Code: A0FCB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	194	kcal	
energy kJ, total metabolisable	811	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	2.5	g	
fatty acids, total polyunsaturated	6	g	
fatty acid 18:2 n-6 cis,cis	5.89	g	
fatty acids, total trans	0.0	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	2.9	g	
fibre, total dietary	0.2	g	
protein, total	19.2	g	
alcohol	0	g	
water	60.7	g	
organic acids, total	0	g	
cholesterol	104	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	3.7	µg	
alpha-tocopherol	5.94	mg	
thiamin	0.05	mg	
riboflavin	0.11	mg	
niacin, preformed	0.68	mg	
niacin equivalents, total	4.53	mg	
niacin equivalents from tryptophan	3.75	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0.89	µg	
vitamin C	0	mg	
folate, total	12	µg	
ash	3.17	g	
sodium	1140	mg	
potassium	54	mg	
calcium	37	mg	
phosphorus	130	mg	
magnesium	22	mg	
iron, total	0.5	mg	
zinc	1	mg	

Legend

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

References