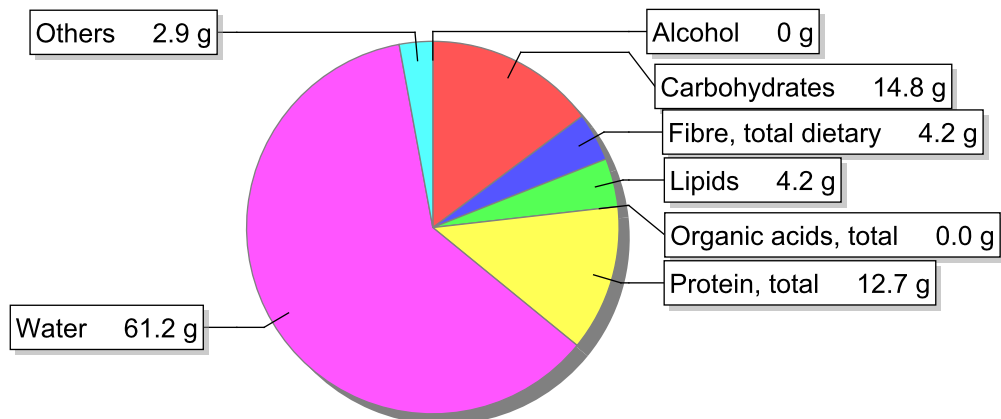


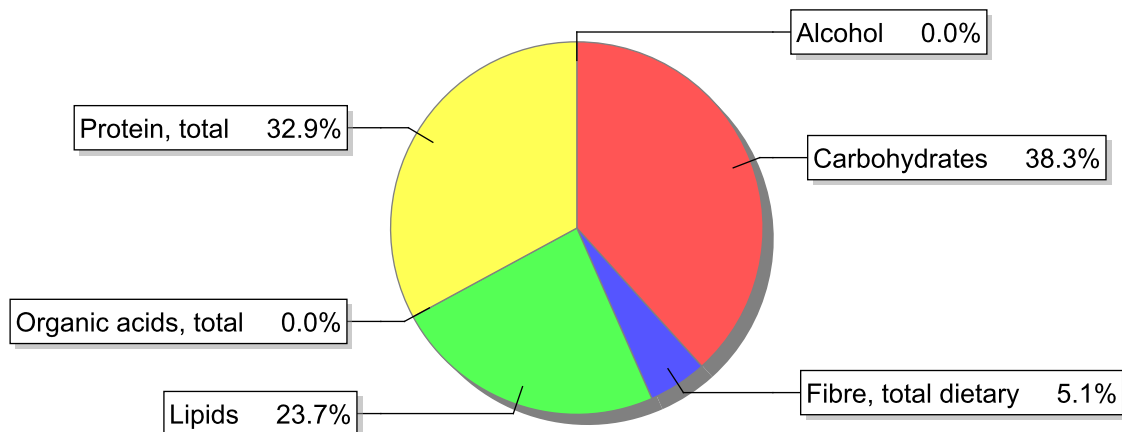
Food

Name: Chickpeas and codfish based dish
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: 045-19
FoodEX2 Code: A03XJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	156	kcal	
energy kJ, total metabolisable	657	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.977	g	
fatty acids, total trans	0	g	
sugars, total	1.5	g	
sucrose	0.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.2	g	
fibre, total dietary	4.2	g	
protein, total	12.7	g	
alcohol	0	g	
water	61.2	g	
organic acids, total	0.0	g	
cholesterol	51	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	40	µg	
carotene, total (vitamin A precursors)	138	µg	
vitamin D	1.6	µg	
alpha-tocopherol	1.4	mg	
thiamin	0.18	mg	
riboflavin	0.11	mg	
niacin, preformed	0.97	mg	
niacin equivalents, total	3.15	mg	
niacin equivalents from tryptophan	2.17	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0.39	µg	
vitamin C	11.2	mg	
folate, total	66	µg	
ash	2.53	g	
sodium	610	mg	
potassium	380	mg	
calcium	69	mg	
phosphorus	130	mg	
magnesium	41	mg	
iron, total	2.2	mg	
zinc	1.2	mg	

Legend

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

References