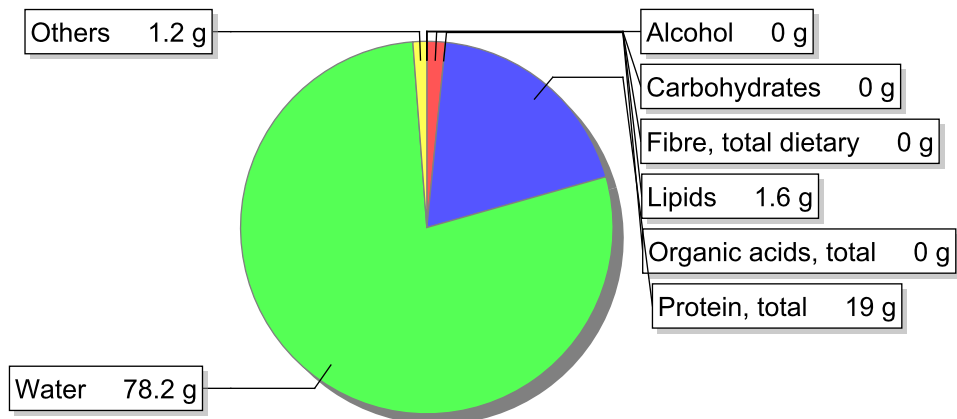


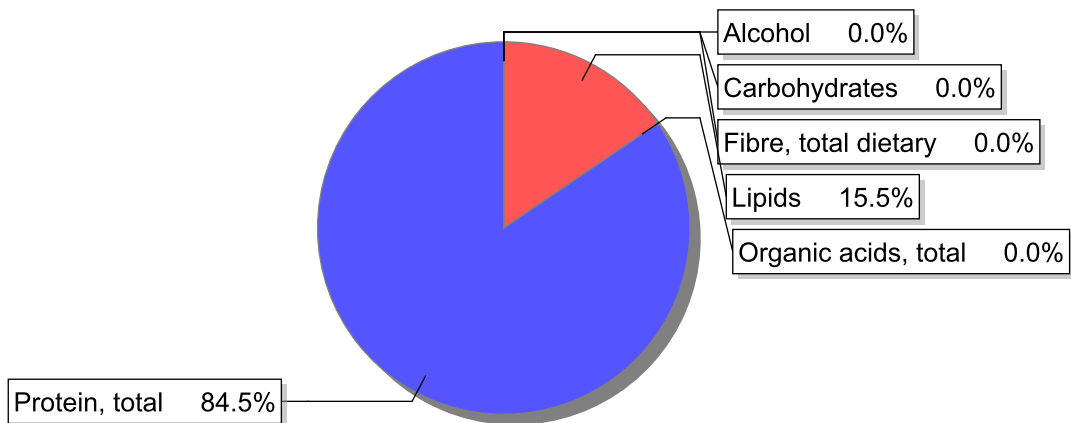
Food

Name: Plaice, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 56%
Code: IS891
FoodEX2 Code: A02BE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	90	kcal	
energy kJ, total metabolisable	382	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.4	g	77
fatty acids, total polyunsaturated	0.4	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	19	g	77
alcohol	0	g	
water	78.2	g	77
organic acids, total	0	g	
cholesterol	85	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	10	µg	77
alpha-tocopherol	0.35	mg	77
thiamin	0.12	mg	77
riboflavin	0.05	mg	77
niacin, preformed	0.51	mg	77
niacin equivalents, total	4	mg	
niacin equivalents from tryptophan	3.5	mg	77
vitamin B-6, total	0.13	mg	77
vitamin B-12	1.5	µg	77
vitamin C	0	mg	
folate, total	8.5	µg	77
ash	1.00	g	77
sodium	110	mg	77
potassium	230	mg	77
calcium	54	mg	
phosphorus	170	mg	77
magnesium	29	mg	77
iron, total	0.4	mg	77
zinc	0.6	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.