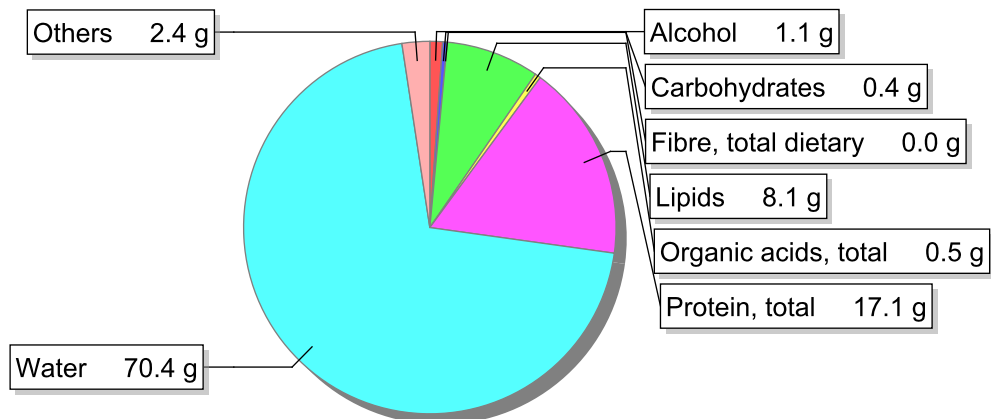


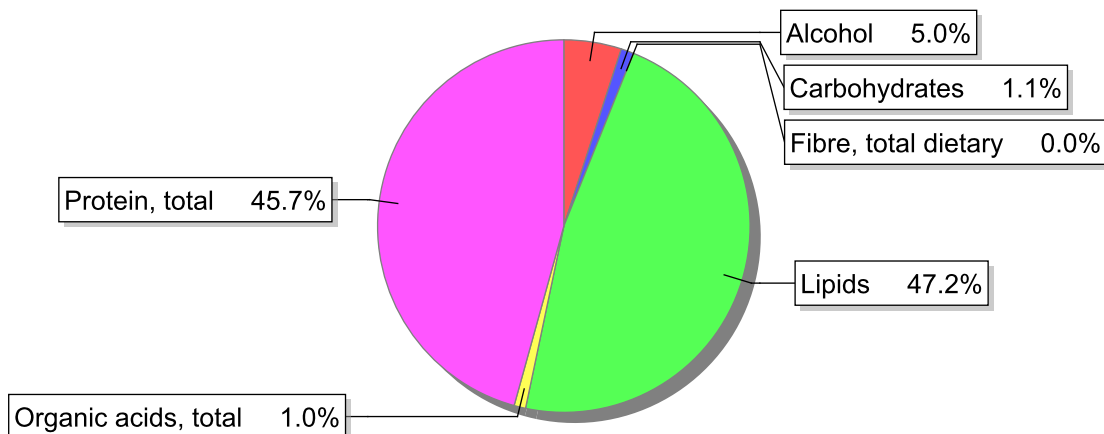
Food

Name: Swordfish, steak, cooked with olive oil and with wine
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS836
FoodEX2 Code: A07Y0

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 152 | kcal | |
| energy kJ, total metabolisable | 636 | kJ | |
| fatty acids, total saturated | 1.4 | g | |
| fatty acids, total monounsaturated | 5.3 | g | |
| fatty acids, total polyunsaturated | 0.8 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.335 | g | |
| fatty acids, total trans | 0 | g | |
| sugars, total | 0.2 | g | |
| sucrose | 0.0 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| salt | 0.9 | g | |
| fibre, total dietary | 0.0 | g | |
| protein, total | 17.1 | g | |
| alcohol | 1.1 | g | |
| water | 70.4 | g | |
| organic acids, total | 0.5 | g | |
| cholesterol | 43 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 0 | µg | |
| carotene, total (vitamin A precursors) | 0 | µg | |
| vitamin D | 1.1 | µg | |
| alpha-tocopherol | 0.83 | mg | |
| thiamin | 0.1 | mg | |
| riboflavin | 0.04 | mg | |
| niacin, preformed | 3.5 | mg | |
| niacin equivalents, total | 7.08 | mg | |
| niacin equivalents from tryptophan | 3.16 | mg | |
| vitamin B-6, total | 0.41 | mg | |
| vitamin B-12 | 1.2 | µg | |
| vitamin C | 0.2 | mg | |
| folate, total | 11 | µg | |
| ash | 2.01 | g | |
| sodium | 350 | mg | |
| potassium | 340 | mg | |
| calcium | 7.8 | mg | |
| phosphorus | 230 | mg | |
| magnesium | 30 | mg | |
| iron, total | 0.6 | mg | |
| zinc | 0.9 | mg | |

Legend

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

References