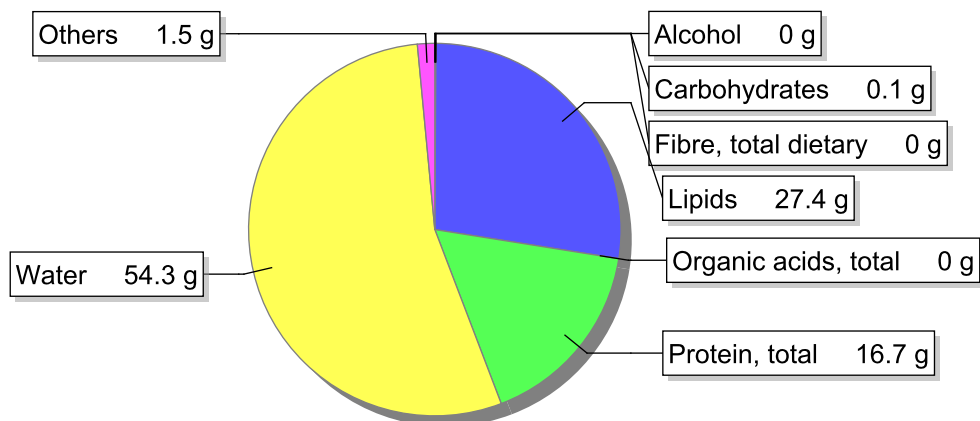


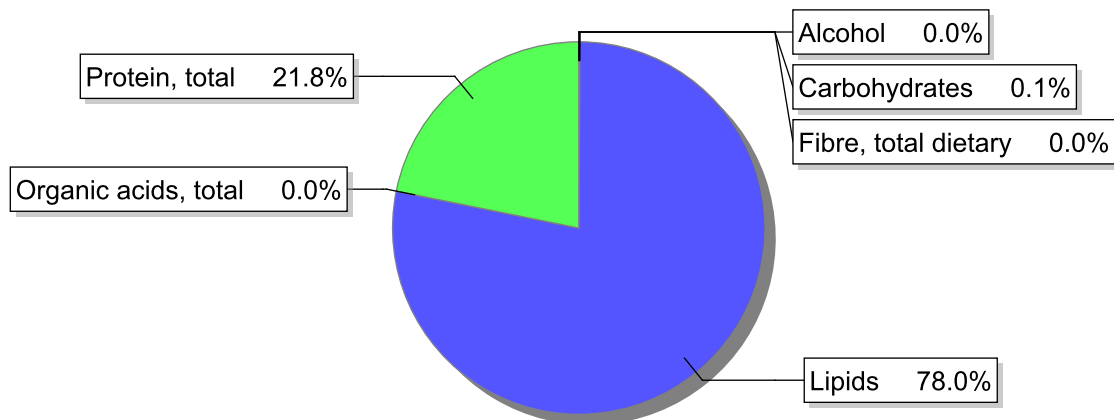
Food

Name: Lamprey raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code:
FoodEX2 Code: A16GE

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	314	kcal	
energy kJ, total metabolisable	1300	kJ	
fatty acids, total saturated	5.8	g	666, 668
fatty acids, total monounsaturated	11.8	g	668
fatty acids, total polyunsaturated	6	g	666, 668
fatty acid 18:2 n-6 cis,cis	0.6	g	666, 668
fatty acids, total trans	0	g	666
sugars, total	0	g	666
sucrose	0	g	666

Name	Value	Unit	Source(s)
lactose	0	g	666
oligosaccharides, available	0	g	
starch, total	0.1	g	666
protein, total	16.7	g	666, 668
alcohol	0	g	666
water	54.3	g	666, 668
organic acids, total	0	g	666
cholesterol	108	mg	666, 668
vitamin A; retinol equiv from retinol and carotenoid activities	5350	µg	666
carotene, total (vitamin A precursors)	0	µg	
vitamin D	14.3	µg	666, 668
alpha-tocopherol	5.9	mg	668
thiamin	0.2	mg	666, 668
riboflavin	0.6	mg	666, 668
niacin, preformed	3	mg	668
niacin equivalents, total	5.5	mg	
niacin equivalents from tryptophan	2.5	mg	
vitamin B-6, total	0.19	mg	666, 668
vitamin B-12	2.95	µg	666, 668
vitamin C	1	mg	666, 668
folate, total	16.5	µg	666, 668
ash	1.55	g	666, 668
sodium	350	mg	666, 668
potassium	180	mg	666, 668
calcium	7.5	mg	666, 668
phosphorus	190	mg	666, 668
magnesium	15	mg	666, 668
iron, total	4.1	mg	666, 668
zinc	2.2	mg	666, 668
selenium, total	57	µg	666

Legend

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

References

Id	Reference
666	Fineli - Finnish Food Composition Database 2011, Release 14, FoodExplorer
668	Standard Tables of Food Composition in Japan -2015- (Seventh Revised Edition), FoodExplorer