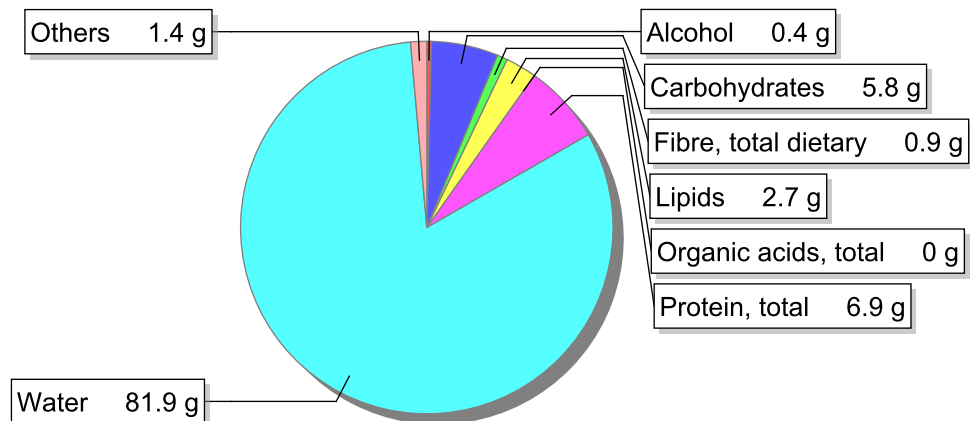


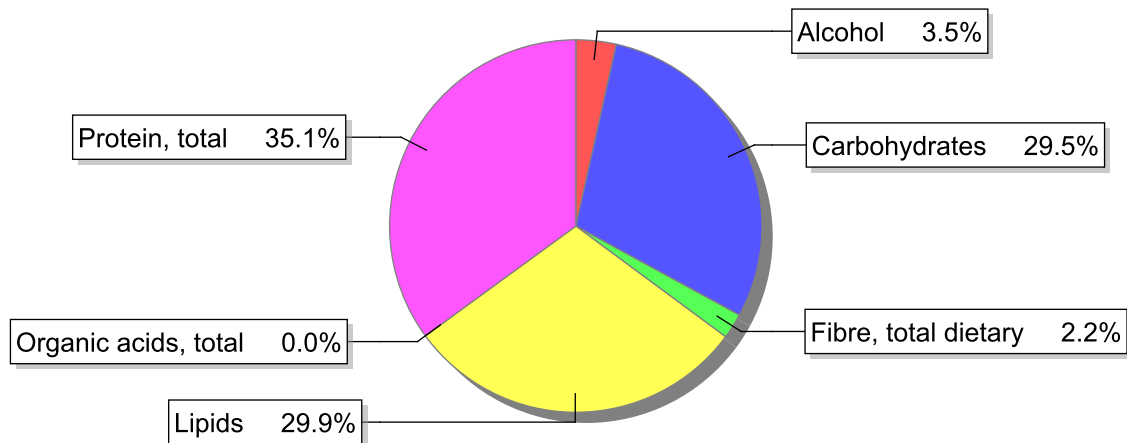
## Food

**Name:** Conger, clams and potatoes stew, "caldeirada"  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 100%  
**Code:** 063-23  
**FoodEX2 Code:** A03XQ

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	80	kcal	
energy kJ, total metabolisable	335	kJ	
fatty acids, total saturated	0.5	g	
fatty acids, total monounsaturated	1.6	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.154	g	
fatty acids, total trans	0	g	
sugars, total	1.4	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.4	g	
<b>starch, total</b>	4.3	g	
<b>protein, total</b>	6.9	g	
<b>alcohol</b>	0.4	g	
<b>water</b>	81.9	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	18	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	116	µg	
<b>carotene, total (vitamin A precursors)</b>	202	µg	
<b>vitamin D</b>	25	µg	
<b>alpha-tocopherol</b>	0.96	mg	
<b>thiamin</b>	0.09	mg	
<b>riboflavin</b>	0.04	mg	
<b>niacin, preformed</b>	1.1	mg	
<b>niacin equivalents, total</b>	2.44	mg	
<b>niacin equivalents from tryptophan</b>	1.33	mg	
<b>vitamin B-6, total</b>	0.33	mg	
<b>vitamin B-12</b>	3.5	µg	
<b>vitamin C</b>	14.9	mg	
<b>folate, total</b>	19	µg	
<b>ash</b>	1.02	g	
<b>sodium</b>	160	mg	
<b>potassium</b>	290	mg	
<b>calcium</b>	49	mg	
<b>phosphorus</b>	96	mg	
<b>magnesium</b>	25	mg	
<b>iron, total</b>	1.2	mg	
<b>zinc</b>	0.6	mg	

## Legend

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

## References