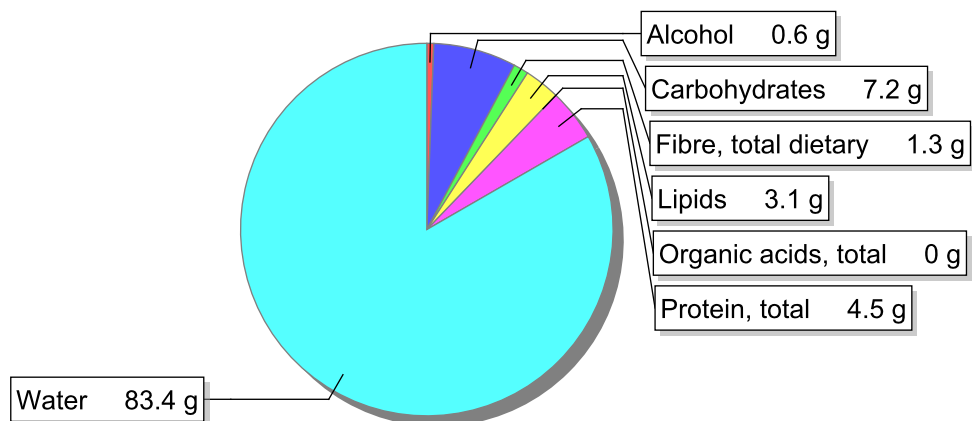


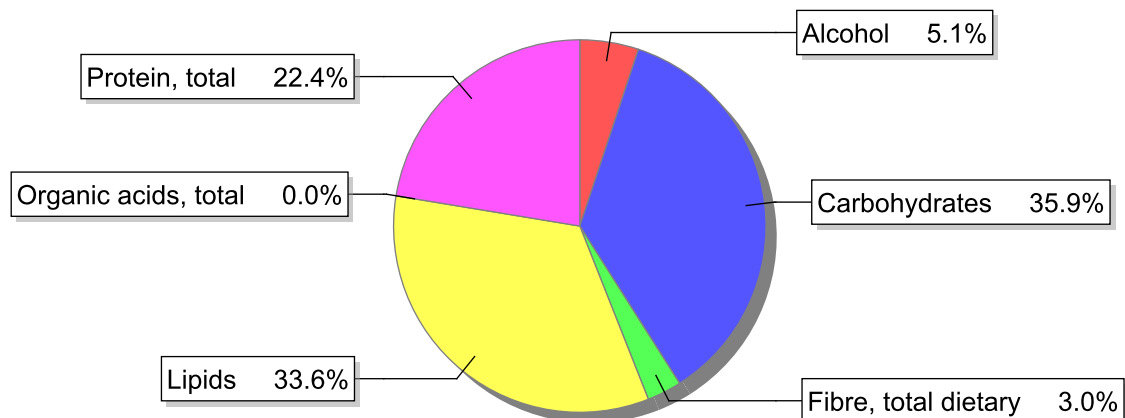
Food

Name: Conger and potatoes stew, "caldeirada"
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: 166-50
FoodEX2 Code: A03XK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	81	kcal	
energy kJ, total metabolisable	339	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	2.2	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	1.9	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
starch, total	5.3	g	
protein, total	4.5	g	
alcohol	0.6	g	
water	83.4	g	
organic acids, total	0	g	
cholesterol	11	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	116	µg	
carotene, total (vitamin A precursors)	323	µg	
vitamin D	17.7	µg	
alpha-tocopherol	1.15	mg	
thiamin	0.11	mg	
riboflavin	0.03	mg	
niacin, preformed	0.88	mg	
niacin equivalents, total	2.13	mg	
niacin equivalents from tryptophan	1.03	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.06	µg	
vitamin C	16.6	mg	
folate, total	19.8	µg	
ash	1.50	g	
sodium	310	mg	
potassium	310	mg	
calcium	56	mg	
phosphorus	73	mg	
magnesium	18	mg	
iron, total	0.6	mg	
zinc	0.5	mg	

Legend

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

References