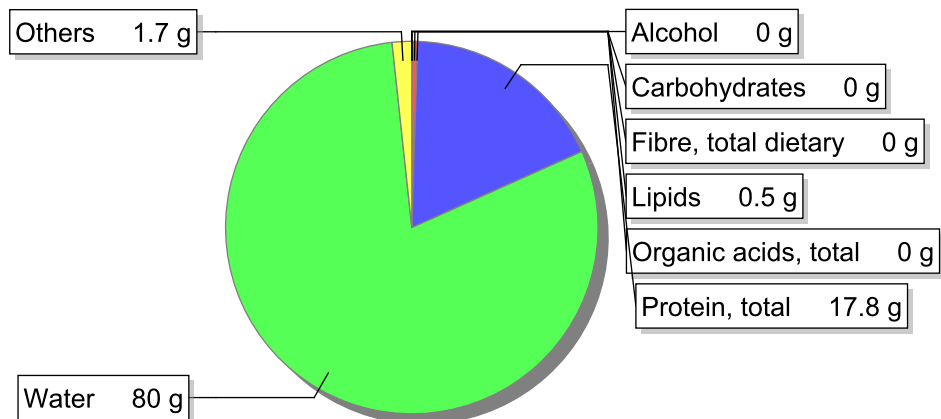


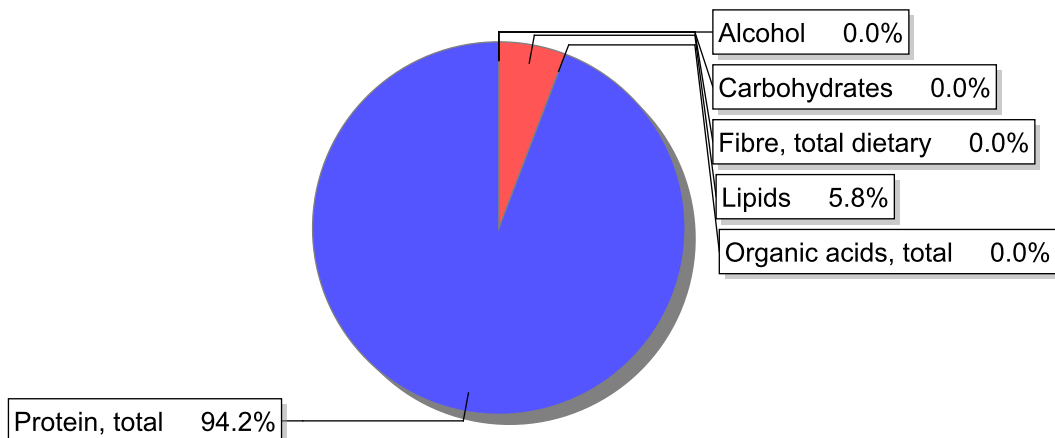
### Food

**Name:** Codfish, fresh, raw  
**Group:** Fish and fish products  
**Subgroup:** Fish (includes fish dishes)  
**Edible Part:** 75%  
**Code:** IS802  
**FoodEX2 Code:** A02BV

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	76	kcal	
energy kJ, total metabolisable	321	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	g	
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)
<b>lactose</b>	0	g	
<b>oligosaccharides, available</b>	0	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	17.8	g	
<b>alcohol</b>	0	g	
<b>water</b>	80	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	44	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	7	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	1	µg	
<b>alpha-tocopherol</b>	0.6	mg	
<b>thiamin</b>	0.06	mg	
<b>riboflavin</b>	0.04	mg	
<b>niacin, preformed</b>	2.3	mg	
<b>niacin equivalents, total</b>	5.6	mg	
<b>niacin equivalents from tryptophan</b>	3.3	mg	
<b>vitamin B-6, total</b>	0.21	mg	
<b>vitamin B-12</b>	1	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	10	µg	
<b>ash</b>	1.40	g	
<b>sodium</b>	65	mg	
<b>potassium</b>	360	mg	
<b>calcium</b>	15	mg	
<b>phosphorus</b>	200	mg	
<b>magnesium</b>	26	mg	
<b>iron, total</b>	0.3	mg	
<b>zinc</b>	0.5	mg	

## Legend

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

## References