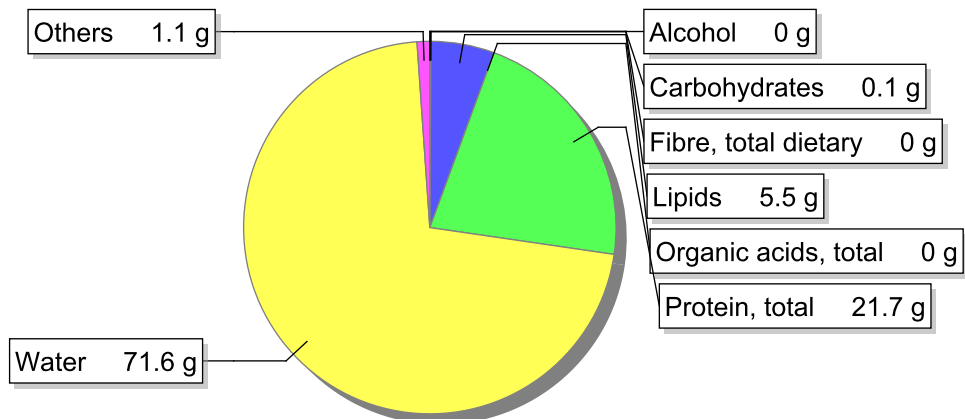


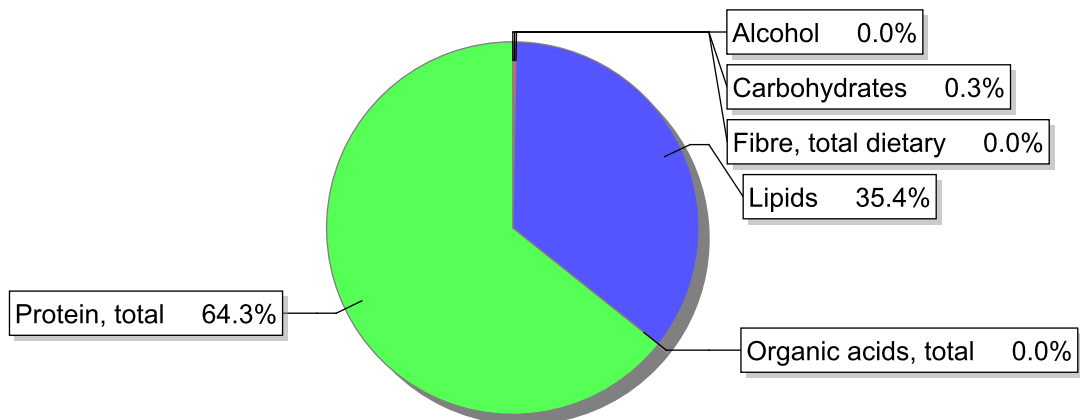
### Food

**Name:** Mullet raw  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 50%  
**Code:**  
**FoodEX2 Code:** A02AD

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	136	kcal	
energy kJ, total metabolisable	573	kJ	
fatty acids, total saturated	0.7	g	659
fatty acids, total monounsaturated	4	g	659
fatty acids, total polyunsaturated	0.3	g	659
fatty acid 18:2 n-6 cis,cis	0.25	g	659
fatty acids, total trans	0	g	
sugars, total	0	g	659
sucrose	0	g	659

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	659
<b>oligosaccharides, available</b>	0	g	659
<b>starch, total</b>	0	g	659
<b>protein, total</b>	21.7	g	58, 659, 1092
<b>alcohol</b>	0	g	659
<b>water</b>	71.6	g	58, 659, 1092
<b>organic acids, total</b>	0	g	659
<b>cholesterol</b>	64	mg	659
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	1092
<b>carotene, total (vitamin A precursors)</b>	0	µg	1092
<b>vitamin D</b>	1.3	µg	659
<b>alpha-tocopherol</b>	2.1	mg	659
<b>thiamin</b>	0.03	mg	58, 659, 1092
<b>riboflavin</b>	0.04	mg	58, 659, 1092
<b>niacin, preformed</b>	2.79	mg	58, 659, 1092
<b>niacin equivalents, total</b>	6.49	mg	
<b>niacin equivalents from tryptophan</b>	3.7	mg	
<b>vitamin B-6, total</b>	0.17	mg	659
<b>vitamin B-12</b>	3.74	µg	659
<b>vitamin C</b>	1.6	mg	58, 659, 1092
<b>folate, total</b>	14.3	µg	659
<b>ash</b>	1.36	g	58, 659, 1092
<b>sodium</b>	96	mg	659
<b>potassium</b>	410	mg	659
<b>calcium</b>	23	mg	58, 659, 1092
<b>phosphorus</b>	180	mg	58, 659, 1092
<b>magnesium</b>	33	mg	659
<b>iron, total</b>	0.4	mg	58, 659, 1092
<b>zinc</b>	0.4	mg	659

## Legend

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

## References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.
659	ANSES-CIQUAL French Food Composition Table version 2017, FoodExplorer
1092	O_Resultados TCAP_Excel