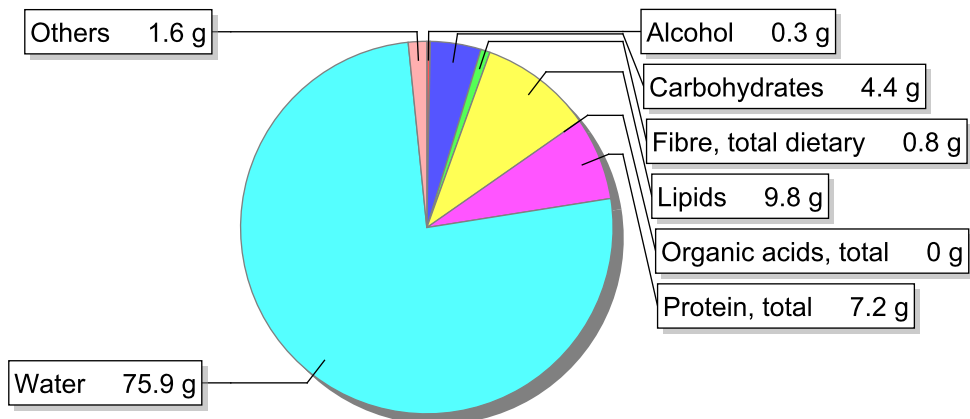


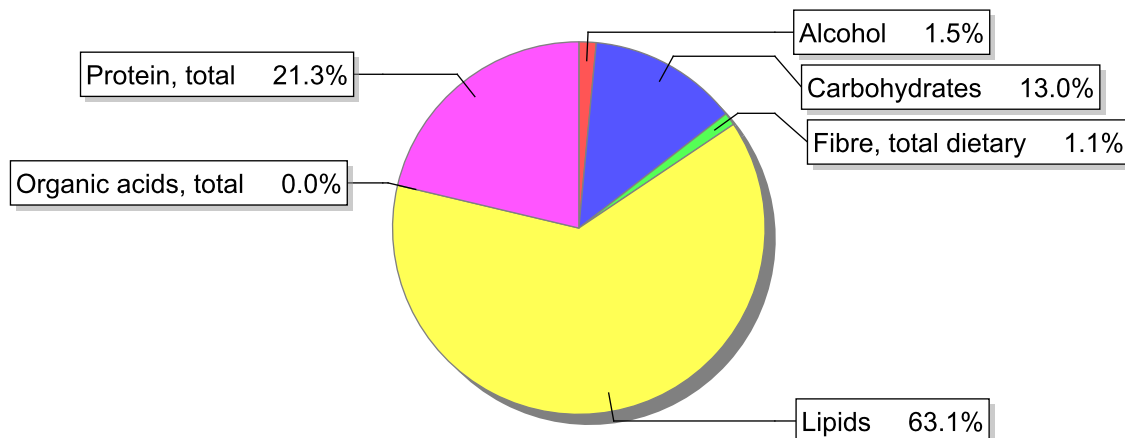
Food

Name: Red porgy, black scabardfish and potatoes stew, "caldeirada"
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: 064-23
FoodEX2 Code: A03XQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	138	kcal	
energy kJ, total metabolisable	575	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	7.4	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.619	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
starch, total	2.9	g	
protein, total	7.2	g	
alcohol	0.3	g	
water	75.9	g	
organic acids, total	0	g	
cholesterol	10	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	31	µg	
carotene, total (vitamin A precursors)	161	µg	
vitamin D	1.7	µg	
alpha-tocopherol	1.82	mg	
thiamin	0.11	mg	
riboflavin	0.03	mg	
niacin, preformed	2.3	mg	
niacin equivalents, total	3.64	mg	
niacin equivalents from tryptophan	1.35	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	0.67	µg	
vitamin C	11.2	mg	
folate, total	17	µg	
ash	1.41	g	
sodium	280	mg	
potassium	290	mg	
calcium	15	mg	
phosphorus	92	mg	
magnesium	20	mg	
iron, total	0.7	mg	
zinc	0.4	mg	

Legend

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

References