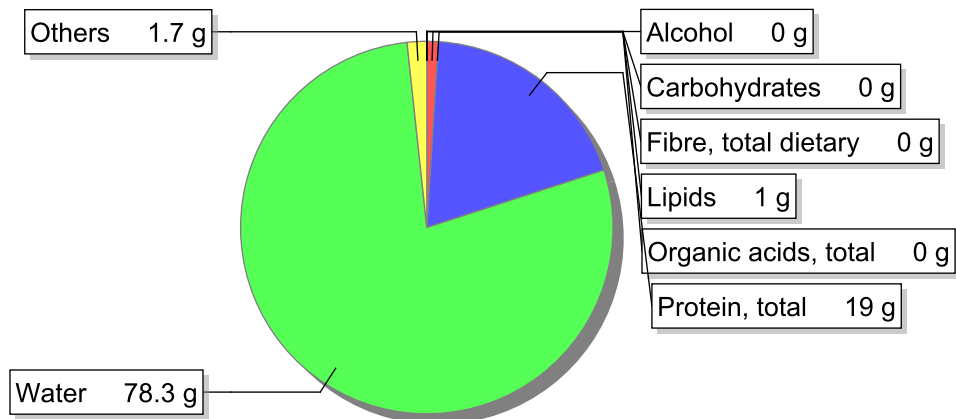


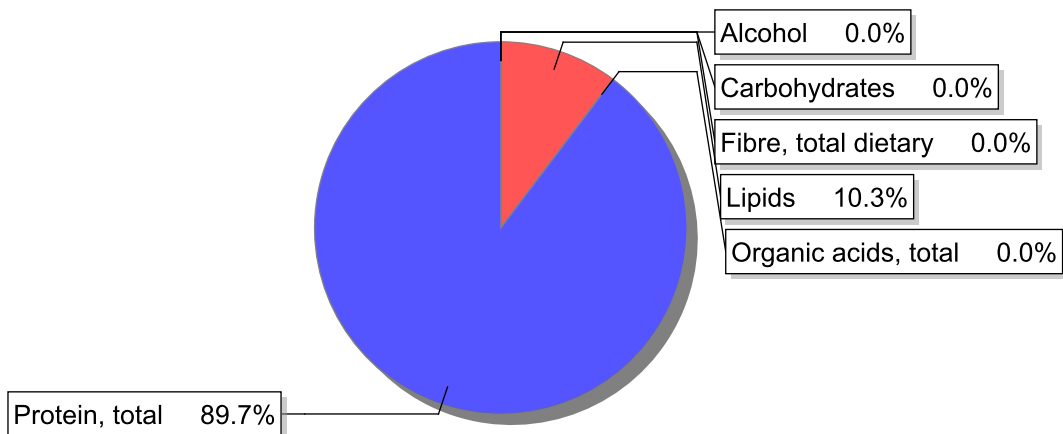
Food

Name: Rubberlip grunt, boiled
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 50%
Code: IS854
FoodEX2 Code: A029S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	85	kcal	
energy kJ, total metabolisable	360	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	19	g	
alcohol	0	g	
water	78.3	g	
organic acids, total	0	g	
cholesterol	37	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	6	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	
alpha-tocopherol	2.1	mg	
thiamin	0.11	mg	
riboflavin	0.05	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	5	mg	
niacin equivalents from tryptophan	3.5	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	1.1	µg	
vitamin C	0	mg	
folate, total	6.8	µg	
iodide	110	µg	1138
sodium	340	mg	
potassium	300	mg	
calcium	10	mg	
phosphorus	170	mg	
magnesium	37	mg	
iron, total	0.5	mg	
zinc	0.9	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB