

Turbot

Contains: Vitamin B6, Phosphorus
High in: Protein, Niacin, Vitamin B12, Selenium

Nutrition information per 100g (raw)

| Macronutrients | | % Reference Intake |
|------------------------------|---------|--------------------|
| Energy (kJ) | 401 | 5 |
| Energy (kcal) | 95 | 5 |
| Fat (g) | 2.7 | 4 |
| Of which saturates (g) | 0.7 | 4 |
| Of which monounsaturates (g) | 0.6 | |
| Of which polyunsaturates (g) | 0.6 | |
| Omega-3 – EPA + DHA (mg) | No data | |
| Of which EPA (mg) | No data | |
| Of which DHA (mg) | No data | |
| Carbohydrate (g) | 0 | 0 |
| Of which starches (g) | 0 | |
| Of which sugars (g) | 0 | 0 |
| Protein (g) | 17.7 | 35 |
| Salt (g) | 0.17 | 3 |

- Low in fat
- Low in saturates
- Low in sugars
- Low in salt

Source: Revised Composition of Foods Integrated Data Set (CoFids). Data for nutrients marked * are from the USDA National Nutrient Database for Standard Reference Legacy Release, April 2018.

| Vitamins | | % Nutrient Reference Value |
|-----------------------|---------|----------------------------|
| Vitamin A (mcg) | Tr | Tr |
| Vitamin D (mcg) | Tr | Tr |
| Vitamin E (mg) | No data | No data |
| Thiamin (B1) (mg) | 0.05 | 5 |
| Riboflavin (B2) (mg) | 0.11 | 8 |
| Niacin (B3) (mg) | 5.4 | 34 |
| Vitamin B6 (mg) | 0.21* | 15 |
| Vitamin B12 (mcg) | 2 | 80 |
| Folate (mcg) | 8* | 4 |
| Pantothenic acid (mg) | 0.57 | 10 |
| Biotin (mcg) | No data | No data |
| Vitamin C (mg) | Tr | Tr |

| Minerals | | % Nutrient Reference Value |
|-----------------|---------|----------------------------|
| Potassium (mg) | 260 | 13 |
| Calcium (mg) | 49 | 6 |
| Magnesium (mg) | 48 | 13 |
| Phosphorus (mg) | 200 | 29 |
| Iron (mg) | 0.5 | 4 |
| Copper (mg) | 0.04 | 4 |
| Zinc (mg) | 0.2 | 2 |
| Manganese (mg) | 0.02* | 1 |
| Selenium (mcg) | 37* | 67 |
| Iodine (mcg) | No data | No data |

Nutritional Profile

Turbot

The benefits of macronutrients, vitamins and minerals



Protein

- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones
- is needed for normal growth and development of bone in children

Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

Vitamin B6

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- the regulation of hormonal activity
- normal cysteine synthesis
- normal energy-yielding metabolism
- normal homocysteine metabolism
- normal protein and glycogen metabolism

Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

Phosphorus

- the maintenance of normal bones
- the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal energy-yielding metabolism
- normal function of cell membranes

Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis