Hake

Contains: Phosphorus
High in: Protein

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	387	5
Energy (kcal)	92	5
Fat (g)	2.2	3
Of which saturates (g)	0.3	2
Of which monounsaturates (g)	0.6	
Of which polyunsaturates (g)	0.5	
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 sugar (g)	0	0
Protein (g)	18	36
Salt (g)	0.25	4

– Low in fat
– Low in saturates
– Low in sugars
– Low in salt

Source: McCance & Widdowson's Fish and Fish Products 3rd Supplement to The Composition of Foods..

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	No data	No data
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	No data	No data
Riboflavin (B2) (mg)	No data	No data
Niacin (B3) (mg)	No data	No data
Vitamin B6 (mg)	No data	No data
Vitamin B12 (mcg)	No data	No data
Folate (mcg)	No data	No data
Pantothenic acid (mg)	No data	No data
Biotin (mcg)	No data	No data
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	270	14
Calcium (mg)	14	2
Magnesium (mg)	23	6
Phosphorus (mg)	190	27
Iron (mg)	0.5	4
Copper (mg)	0.03	3
Zinc (mg)	0.3	3
Manganese (mg)	0.02	1
Selenium (mcg)	No data	No data
Iodine (mcg)	No data	No data

Nutritional Profile

Hake

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

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