



Grey Mullet

Contains: Potassium
High in: Protein, Niacin, Phosphorus,
Selenium, Iodine

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	485	6
Energy (kcal)	115	6
Fat (g)	4	6
Of which saturates (g)	1.1	6
Of which monounsaturates (g)	0.9	
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 sugars (g)	0	0
Protein (g)	19.8	40
Salt (g)	0.16	3

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	47	6
Vitamin D (mcg)	No data	No data
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.06	5
Riboflavin (B2) (mg)	0.15	11
Niacin (B3) (mg)	7.5	47
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

- Low in sugars
- Low in salt

Minerals		% Nutrient Reference Value
Potassium (mg)	350	18
Calcium (mg)	27	3
Magnesium (mg)	29	8
Phosphorus (mg)	260	37
Iron (mg)	1	7
Copper (mg)	0.07	7
Zinc (mg)	0.4	4
Manganese (mg)	0.01	1
Selenium (mcg)	51	93
Iodine (mcg)	190	127

Source: Revised Composition of Foods Integrated Data Set (CoFids).

Nutritional Profile

Grey Mullet

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

Potassium

- the maintenance of normal blood pressure
- normal muscle function
- normal functioning of the nervous system

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

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
- normal function of cell membranes

Iodine

- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism