

# Dover Sole

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

## Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	374	4
Energy (kcal)	89	4
Fat (g)	1.8	3
Of which saturates (g)	No data	No data
Of which monounsaturates (g)	No data	
Of which polyunsaturates (g)	No data	
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)	18.1	36
Salt (g)	0.25	4

- Low in fat
- 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)	Tr	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.06	5
Riboflavin (B2) (mg)	0.1	7
Niacin (B3) (mg)	6.4	40
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)	0	0

Minerals		% Nutrient Reference Value
Potassium (mg)	310	16
Calcium (mg)	29	4
Magnesium (mg)	49	13
Phosphorus (mg)	200	29
Iron (mg)	0.8	6
Copper (mg)	0.02	2
Zinc (mg)	0.4	4
Manganese (mg)	No data	No data
Selenium (mcg)	23	42
Iodine (mcg)	No data	No data

---

## Nutritional Profile

### Dover Sole

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
- normal function of cell membranes

#### Selenium

- the maintenance of normal skin
- 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