

Red mullet

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

Nutrition information per 100g (raw)

Macronutrients	% Reference Intake	
Energy (kJ)	459	5
Energy (kcal)	109	5
Fat (g)	3.8	5
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)	18.7	37
Salt (g)	0.23	4

- Low in sugars
- Low in salt

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

Vitamins	% Nutrient Reference Value	
Vitamin A (mcg)	Tr	Tr
Vitamin D (mcg)	0.8	16
Vitamin E (mg)	0.5	4
Thiamin (B1) (mg)	0.08	7
Riboflavin (B2) (mg)	0.08	6
Niacin (B3) (mg)	7.1	44
Vitamin B6 (mg)	0.42	30
Vitamin B12 (mcg)	2	80
Folate (mcg)	11	6
Pantothenic acid (mg)	0.46	8
Biotin (mcg)	2	4
Vitamin C (mg)	Tr	Tr

Minerals	% Nutrient Reference Value	
Potassium (mg)	340	17
Calcium (mg)	66	8
Magnesium (mg)	30	8
Phosphorus (mg)	220	31
Iron (mg)	0.3	2
Copper (mg)	0.04	4
Zinc (mg)	0.3	3
Manganese (mg)	Tr	Tr
Selenium (mcg)	46	84
Iodine (mcg)	11	7

Nutritional Profile

Red 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

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

Vitamin D

- the maintenance of normal bones
- the maintenance of normal teeth
- the normal function of the immune system
- the maintenance of normal muscle function
- is needed for the normal growth and development of bone in children
- the normal function of the immune system in children
- normal absorption/utilisation of calcium and phosphorus
- normal blood calcium levels
- has a role in the process of cell division

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