

08.05.2006

Nutrient value of ocean clam meat (Arctica Islandica) from Maredis

Compound	Unit	% of RDA *
Energy	385 kJ/100g 91 kcal/100g	
Proximates		
Protein	16.0 g/100g	
Fat	0.9 g/100g	
Carbohydrates	4.7 g/100g	
Ash	1.7 g/100g	
Water	76.7 g/100g	
Minerals		
Sodium	2170 mg/100g	
Magnesium	334 mg/100g	111
Phosphorus	689 mg/100g	86
Potassium	442 mg/100g	
Calcium	328 mg/100g	41
Essential trace elements		
Manganese	1.0 mg/100g	
Iron	36.7 mg/100g	262
Copper	0.5 mg/100g	
Zinc	6.2 mg/100g	41
Selenium	24 µg/100g	
Iodine	58 µg/100g	39
Vitamins		
Vitamin A (retinol)	3.3 µg/100g	0.4
Vitamin D ₃	<0.13 µg/100g	
Vitamin E (Tocopherol)	0.93 mg/100g	9
Fatty acids		
Saturated fatty acids	29.6 % of fatty acids	
Monounsaturated fatty acids	35.4 % of fatty acids	
Polyunsaturated fatty acids		
total	24.5 % of fatty acids	
omega-3 fatty acids	19.3 % of fatty acids	
Not identified	10.5 % of fatty acids	

*) % recommended daily allowance calculated for 100 g product.

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Trace elements in ocean clam meat (Arctica Islandica) from Maredis

	Analytical data	EU maximum limits
Lead	<20 µg/kg	1000 µg/kg
Cadmium	270 µg/kg	1000 µg/kg
Mercury	6 µg/kg	500 µg/kg
Arsenic, total	880 µg/kg	

All chemical forms of arsenic were measured. Arsenic in seafood is usually found in the organic form, and not in the inorganic toxic form. Consumption of seafood with the reported levels of arsenic is therefore safe.

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Fatty acids in ocean clam meat (Arctica Islandica) from Maredis

	mg/100g	% of fatty acids
Saturated fatty acids		
C8:0	0.2	0.1
C10:0	0.2	0.1
C12:0	0.4	0.1
C14:0	4.3	1.1
C15:0	1.0	0.3
C15:0iso	1.9	0.5
C16:0	58.3	14.7
C17:0	3.8	1.0
C17:0iso	2.5	0.6
C18:0	21.2	5.3
C20:0	1.6	0.4
C21:0	19.1	4.8
C22:0	1.6	0.4
C23:0	0.2	0.1
C24:0	1.0	0.3
Total	117.3	29.6
Monounsaturated fatty acids		
C14:1 c9	0.2	0.1
C16:1 c9	22.2	5.6
C16:1 t9	11.2	2.8
C18:1 t	6.5	1.6
C18:1 c	92.3	23.3
C20:1 c11	7.1	1.8
C24:1 c15	1.0	0.3
Total	140.5	35.4
Polyunsaturated fatty acids		
C18:2 c9,12	9.2	2.3
C18:3 c6,9,12	0.2	0.1
C20:2 t	2.5	0.6
C20:2 c	3.9	1.0
C20:3 c8,11,14	0.2	0.1
C20:3 c11,14,17 (omega-3)	0.4	0.1
C20:4 c5,8,11,14	4.4	1.1
C20:5 c5,8,11,14,17 (omega-3)	32.2	8.1
C22:5 c7,10,13,16,19 (omega-3)	5.5	1.4
C22:6 c4,7,10,13,16,19 (omega-3)	38.5	9.7
Total	97.0	24.5
Not identified	41.6	10.5