

**29** The binding energy per nucleon of iron-56 is 8.8 MeV.

What happens when an iron-56 nucleus is created from its constituent protons and neutrons?

- A 8.8 MeV of energy is absorbed.
- B 8.8 MeV of energy is released.
- C 493 MeV of energy is absorbed.
- D 493 MeV of energy is released.