

**Basic Report 15016, Fish, cod, Atlantic, cooked, dry heat**

Report Date: January 25, 2015 17:21 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 180g
<b>Proximates</b>				
Water	g	75.92	64.53	136.66
Energy	kcal	105	89	189
Protein	g	22.83	19.41	41.09
Total lipid (fat)	g	0.86	0.73	1.55
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	14	12	25
Iron, Fe	mg	0.49	0.42	0.88
Magnesium, Mg	mg	42	36	76
Phosphorus, P	mg	138	117	248
Potassium, K	mg	244	207	439
Sodium, Na	mg	78	66	140
Zinc, Zn	mg	0.58	0.49	1.04
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.0	0.8	1.8
Thiamin	mg	0.088	0.075	0.158
Riboflavin	mg	0.079	0.067	0.142
Niacin	mg	2.513	2.136	4.523
Vitamin B-6	mg	0.283	0.241	0.509
Folate, DFE	µg	8	7	14
Vitamin B-12	µg	1.05	0.89	1.89
Vitamin A, RAE	µg	14	12	25
Vitamin A, IU	IU	47	40	85
Vitamin E (alpha-tocopherol)	mg	0.81	0.69	1.46

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Vitamin D (D2 + D3)	µg	1.2	1.0	2.2
Vitamin D	IU	46	39	83
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.168	0.143	0.302
Fatty acids, total monounsaturated	g	0.124	0.105	0.223
Fatty acids, total polyunsaturated	g	0.292	0.248	0.526
Cholesterol	mg	55	47	99
<b>Other</b>				
Caffeine	mg	0	0	0