

Basic Report 15018, Fish, cod, Atlantic, dried and salted

Report Date: January 26, 2015 05:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	3.0 oz 85g
Proximates					
Water	g	16.14	4.58	12.91	13.72
Energy	kcal	290	82	232	246
Protein	g	62.82	17.81	50.26	53.40
Total lipid (fat)	g	2.37	0.67	1.90	2.01
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	160	45	128	136
Iron, Fe	mg	2.50	0.71	2.00	2.12
Magnesium, Mg	mg	133	38	106	113
Phosphorus, P	mg	950	269	760	808
Potassium, K	mg	1458	413	1166	1239
Sodium, Na	mg	7027	1992	5622	5973
Zinc, Zn	mg	1.59	0.45	1.27	1.35
Vitamins					
Vitamin C, total ascorbic acid	mg	3.5	1.0	2.8	3.0
Thiamin	mg	0.268	0.076	0.214	0.228
Riboflavin	mg	0.240	0.068	0.192	0.204
Niacin	mg	7.500	2.126	6.000	6.375
Vitamin B-6	mg	0.864	0.245	0.691	0.734
Folate, DFE	µg	25	7	20	21
Vitamin B-12	µg	10.00	2.84	8.00	8.50
Vitamin A, RAE	µg	42	12	34	36
Vitamin A, IU	IU	140	40	112	119
Vitamin E (alpha-tocopherol)	mg	2.84	0.81	2.27	2.41

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	4.0	1.1	3.2	3.4
Vitamin D	IU	161	46	129	137
Vitamin K (phylloquinone)	µg	0.4	0.1	0.3	0.3
Lipids					
Fatty acids, total saturated	g	0.462	0.131	0.370	0.393
Fatty acids, total monounsaturated	g	0.342	0.097	0.274	0.291
Fatty acids, total polyunsaturated	g	0.804	0.228	0.643	0.683
Cholesterol	mg	152	43	122	129
Other					
Caffeine	mg	0	0	0	0