

Full Report (All Nutrients) 15027, Fish, fish sticks, frozen, prepared

Report Date: January 29, 2015 17:24 EST

Nutrient values and weights are for edible portion

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.97 Fat Factor: 8.94 Protein Factor: 4.2 Nitrogen to Protein Conversion Factor: 6.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
Proximates						
Water 1	g	49.50	18	0.377	28.22	13.86
Energy	kcal	277	--	--	158	78
Energy	kJ	1160	--	--	661	325
Protein 1	g	11.01	17	0.216	6.28	3.08
Total lipid (fat) 1	g	16.23	18	0.335	9.25	4.54
Ash 1	g	1.61	18	0.034	0.92	0.45
Carbohydrate, by difference	g	21.66	--	--	12.35	6.06
Fiber, total dietary 1	g	1.5	3	--	0.9	0.4
Sugars, total 1	g	1.65	3	--	0.94	0.46
Sucrose 1	g	0.56	3	--	0.32	0.16
Glucose (dextrose) 1	g	0.30	3	--	0.17	0.08
Fructose 1	g	0.10	3	--	0.06	0.03
Lactose 1	g	0.12	3	--	0.07	0.03
Maltose 1	g	0.58	3	--	0.33	0.16
Galactose 1	g	0.00	3	--	0.00	0.00
Starch 1	g	20.46	3	--	11.66	5.73
Minerals						
Calcium, Ca 1	mg	16	18	0.395	9	4
Iron, Fe 1	mg	0.84	18	0.021	0.48	0.24
Magnesium, Mg 1	mg	25	18	0.702	14	7
Phosphorus, P 1	mg	191	18	3.325	109	53
Potassium, K 1	mg	185	18	2.329	105	52

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
Sodium, Na 1	mg	402	18	11.447	229	113
Zinc, Zn 1	mg	0.42	18	0.008	0.24	0.12
Copper, Cu 1	mg	0.059	18	0.001	0.034	0.017
Manganese, Mn 1	mg	0.182	18	0.004	0.104	0.051
Selenium, Se 1	µg	15.7	9	0.557	8.9	4.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin 1	mg	0.122	9	0.005	0.070	0.034
Riboflavin 1	mg	0.116	9	0.005	0.066	0.032
Niacin 1	mg	1.536	9	0.058	0.876	0.430
Pantothenic acid 1	mg	0.272	6	0.001	0.155	0.076
Vitamin B-6 1	mg	0.078	9	0.005	0.044	0.022
Folate, total 1	µg	24	3	--	14	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	24	3	--	14	7
Folate, DFE	µg	24	--	--	14	7
Choline, total 1	mg	42.8	--	--	24.4	12.0
Betaine 1	mg	18.5	2	--	10.5	5.2
Vitamin B-12 1	µg	0.96	9	0.073	0.55	0.27
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	4	--	--	2	1
Retinol 1	µg	3	3	--	2	1
Carotene, beta 1	µg	3	3	--	2	1
Carotene, alpha 1	µg	0	3	--	0	0
Cryptoxanthin, beta 1	µg	2	3	--	1	1
Vitamin A, IU	IU	18	--	--	10	5
Lycopene 1	µg	0	3	--	0	0
Lutein + zeaxanthin 1	µg	42	3	--	24	12
Vitamin E (alpha-tocopherol) 1	mg	6.88	9	0.452	3.92	1.93
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1	mg	0.13	9	0.041	0.07	0.04
Tocopherol, gamma 1	mg	5.42	9	0.718	3.09	1.52

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
Tocopherol, delta 1	mg	0.63	9	0.327	0.36	0.18
Vitamin D (D2 + D3)	µg	0.0	4	--	0.0	0.0
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0.0	0.0
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	0.0	0.0
Vitamin D 1	IU	1	2	--	1	0
Vitamin K (phylloquinone) 1	µg	4.7	9	0.980	2.7	1.3
Lipids						
Fatty acids, total saturated	g	3.733	--	--	2.128	1.045
4:0 1	g	0.004	6	0.004	0.002	0.001
6:0 1	g	0.000	6	0.000	0.000	0.000
8:0 1	g	0.006	6	0.000	0.003	0.002
10:0 1	g	0.007	6	0.000	0.004	0.002
12:0 1	g	0.004	6	0.000	0.002	0.001
14:0 1	g	0.116	6	0.012	0.066	0.032
15:0 1	g	0.005	6	0.000	0.003	0.001
16:0 1	g	3.084	6	0.210	1.758	0.864
17:0 1	g	0.014	6	0.001	0.008	0.004
18:0 1	g	0.408	6	0.035	0.233	0.114
20:0 1	g	0.044	6	0.003	0.025	0.012
22:0 1	g	0.025	6	0.003	0.014	0.007
24:0 1	g	0.015	6	0.001	0.009	0.004
Fatty acids, total monounsaturated	g	3.193	--	--	1.820	0.894
15:1 1	g	0.000	6	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.080	6	0.007	0.046	0.022
16:1 c 1	g	0.080	6	0.007	0.046	0.022
16:1 t 1	g	0.000	6	0.000	0.000	0.000
17:1 1	g	0.008	6	0.000	0.005	0.002
18:1 undifferentiated 1	g	3.052	6	0.196	1.740	0.855
18:1 c 1	g	3.039	6	0.195	1.732	0.851
18:1 t 1	g	0.013	6	0.001	0.007	0.004
20:1 1	g	0.049	6	0.005	0.028	0.014
22:1 undifferentiated 1	g	0.002	6	0.001	0.001	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
22:1 c 1	g	0.002	6	0.001	0.001	0.001
22:1 t 1	g	0.001	6	0.000	0.001	0.000
24:1 c 1	g	0.002	6	0.000	0.001	0.001
Fatty acids, total polyunsaturated	g	7.824	--	--	4.460	2.191
18:2 undifferentiated 1	g	7.420	6	0.478	4.229	2.078
18:2 n-6 c,c 1	g	7.289	6	0.477	4.155	2.041
18:2 CLAs 1	g	0.024	6	0.001	0.014	0.007
18:2 t not further defined 1	g	0.108	6	0.008	0.062	0.030
18:3 undifferentiated 1	g	0.248	6	0.091	0.141	0.069
18:3 n-3 c,c,c (ALA) 1	g	0.236	6	0.091	0.135	0.066
18:3 n-6 c,c,c 1	g	0.011	6	0.001	0.006	0.003
18:3i 1	g	0.002	6	0.000	0.001	0.001
18:4 1	g	0.002	6	0.000	0.001	0.001
20:2 n-6 c,c 1	g	0.003	6	0.000	0.002	0.001
20:3 undifferentiated 1	g	0.001	6	0.000	0.001	0.000
20:3 n-6 1	g	0.000	6	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.007	6	0.000	0.004	0.002
20:5 n-3 (EPA) 1	g	0.050	6	0.001	0.028	0.014
22:4 1	g	0.000	6	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.004	6	0.000	0.002	0.001
22:6 n-3 (DHA) 1	g	0.088	6	0.002	0.050	0.025
Fatty acids, total trans	g	0.124	--	--	0.071	0.035
Fatty acids, total trans-monoenoic	g	0.014	--	--	0.008	0.004
Cholesterol 1	mg	28	9	0.882	16	8
Amino Acids						
Tryptophan 1	g	0.122	--	--	0.070	0.034
Threonine 1	g	0.372	--	--	0.212	0.104
Isoleucine 1	g	0.429	--	--	0.245	0.120
Leucine 1	g	0.852	--	--	0.486	0.239
Lysine 1	g	0.795	--	--	0.453	0.223
Methionine 1	g	0.296	--	--	0.169	0.083
Phenylalanine 1	g	0.470	--	--	0.268	0.132

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
Tyrosine 1	g	0.286	--	--	0.163	0.080
Valine 1	g	0.500	--	--	0.285	0.140
Arginine 1	g	0.592	--	--	0.337	0.166
Histidine 1	g	0.230	--	--	0.131	0.064
Alanine 1	g	0.546	--	--	0.311	0.153
Aspartic acid 1	g	0.816	--	--	0.465	0.228
Glutamic acid 1	g	2.317	--	--	1.321	0.649
Glycine 1	g	0.474	--	--	0.270	0.133
Proline 1	g	0.783	--	--	0.446	0.219
Serine 1	g	0.490	--	--	0.279	0.137
Hydroxyproline 1	g	0.002	3	--	0.001	0.001
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16g, 2012 Beltsville MD