

**Basic Report 15033, Fish, haddock, raw**

Report Date: January 26, 2015 11:27 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 193g
<b>Proximates</b>				
Water	g	83.38	70.87	160.92
Energy	kcal	74	63	143
Protein	g	16.32	13.87	31.50
Total lipid (fat)	g	0.45	0.38	0.87
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	11	9	21
Iron, Fe	mg	0.17	0.14	0.33
Magnesium, Mg	mg	21	18	41
Phosphorus, P	mg	227	193	438
Potassium, K	mg	286	243	552
Sodium, Na <sup>a</sup>	mg	213	181	411
Zinc, Zn	mg	0.32	0.27	0.62
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.017	0.039
Riboflavin	mg	0.057	0.048	0.110
Niacin	mg	3.363	2.859	6.491
Vitamin B-6	mg	0.281	0.239	0.542
Folate, DFE	µg	12	10	23
Vitamin B-12	µg	1.83	1.56	3.53
Vitamin A, RAE	µg	17	14	33
Vitamin A, IU	IU	57	48	110
Vitamin E (alpha-tocopherol)	mg	0.45	0.38	0.87

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Vitamin D (D2 + D3)	µg	0.5	0.4	1.0
Vitamin D	IU	18	15	35
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.091	0.077	0.176
Fatty acids, total monounsaturated	g	0.061	0.052	0.118
Fatty acids, total polyunsaturated	g	0.166	0.141	0.320
Cholesterol	mg	54	46	104
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 68 mg sodium/100g.