

**Basic Report 15036, Fish, halibut, Atlantic and Pacific, raw**

Report Date: January 27, 2015 11:49 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 204g
<b>Proximates</b>				
Water	g	80.34	68.29	163.89
Energy	kcal	91	77	186
Protein	g	18.56	15.78	37.86
Total lipid (fat)	g	1.33	1.13	2.71
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	7	6	14
Iron, Fe	mg	0.16	0.14	0.33
Magnesium, Mg	mg	23	20	47
Phosphorus, P	mg	236	201	481
Potassium, K	mg	435	370	887
Sodium, Na	mg	68	58	139
Zinc, Zn	mg	0.36	0.31	0.73
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.050	0.042	0.102
Riboflavin	mg	0.030	0.026	0.061
Niacin	mg	6.513	5.536	13.287
Vitamin B-6	mg	0.548	0.466	1.118
Folate, DFE	µg	12	10	24
Vitamin B-12	µg	1.10	0.94	2.24
Vitamin A, RAE	µg	20	17	41
Vitamin A, IU	IU	67	57	137
Vitamin E (alpha-tocopherol)	mg	0.61	0.52	1.24

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Vitamin D (D2 + D3)	µg	4.7	4.0	9.6
Vitamin D	IU	190	162	388
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.292	0.248	0.596
Fatty acids, total monounsaturated	g	0.471	0.400	0.961
Fatty acids, total polyunsaturated	g	0.290	0.246	0.592
Cholesterol	mg	49	42	100
<b>Other</b>				
Caffeine	mg	0	0	0