

**Basic Report 15046, Fish, mackerel, Atlantic, raw**

Report Date: February 01, 2015 17:44 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fillet 112g	3.0 oz 85g
<b>Proximates</b>				
Water	g	63.55	71.18	54.02
Energy	kcal	205	230	174
Protein	g	18.60	20.83	15.81
Total lipid (fat)	g	13.89	15.56	11.81
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	12	13	10
Iron, Fe	mg	1.63	1.83	1.39
Magnesium, Mg	mg	76	85	65
Phosphorus, P	mg	217	243	184
Potassium, K	mg	314	352	267
Sodium, Na	mg	90	101	76
Zinc, Zn	mg	0.63	0.71	0.54
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.4	0.4	0.3
Thiamin	mg	0.176	0.197	0.150
Riboflavin	mg	0.312	0.349	0.265
Niacin	mg	9.080	10.170	7.718
Vitamin B-6	mg	0.399	0.447	0.339
Folate, DFE	µg	1	1	1
Vitamin B-12	µg	8.71	9.76	7.40
Vitamin A, RAE	µg	50	56	42
Vitamin A, IU	IU	167	187	142
Vitamin E (alpha-tocopherol)	mg	1.52	1.70	1.29

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 112g</b>	<b>3.0 oz 85g</b>
Vitamin D (D2 + D3)	µg	16.1	18.0	13.7
Vitamin D	IU	643	720	547
Vitamin K (phylloquinone)	µg	5.0	5.6	4.2
<b>Lipids</b>				
Fatty acids, total saturated	g	3.257	3.648	2.768
Fatty acids, total monounsaturated	g	5.456	6.111	4.638
Fatty acids, total polyunsaturated	g	3.350	3.752	2.848
Cholesterol	mg	70	78	60
<b>Other</b>				
Caffeine	mg	0	0	0