

**Basic Report 15054, Fish, monkfish, raw**

Report Date: January 31, 2015 05:06 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	83.24	70.75
Energy	kcal	76	65
Protein	g	14.48	12.31
Total lipid (fat)	g	1.52	1.29
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
<b>Minerals</b>			
Calcium, Ca	mg	8	7
Iron, Fe	mg	0.32	0.27
Magnesium, Mg	mg	21	18
Phosphorus, P	mg	200	170
Potassium, K	mg	400	340
Sodium, Na	mg	18	15
Zinc, Zn	mg	0.41	0.35
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.0	0.8
Thiamin	mg	0.025	0.021
Riboflavin	mg	0.060	0.051
Niacin	mg	2.100	1.785
Vitamin B-6	mg	0.240	0.204
Folate, DFE	µg	7	6
Vitamin B-12	µg	0.90	0.76
Vitamin A, RAE	µg	12	10
Vitamin A, IU	IU	40	34
<b>Lipids</b>			
Fatty acids, total saturated	g	0.340	0.289

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Fatty acids, total monounsaturated	g	0.240	0.204
Fatty acids, total polyunsaturated	g	0.610	0.518
Cholesterol	mg	25	21