

**Basic Report 15108, Fish, sunfish, pumpkin seed, raw**

Report Date: February 01, 2015 06:43 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fillet 48g	3.0 oz 85g
<b>Proximates</b>				
Water	g	79.50	38.16	67.58
Energy	kcal	89	43	76
Protein	g	19.40	9.31	16.49
Total lipid (fat)	g	0.70	0.34	0.60
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	80	38	68
Iron, Fe	mg	1.20	0.58	1.02
Magnesium, Mg	mg	30	14	26
Phosphorus, P	mg	180	86	153
Potassium, K	mg	350	168	298
Sodium, Na	mg	80	38	68
Zinc, Zn	mg	1.55	0.74	1.32
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.0	0.5	0.8
Thiamin	mg	0.080	0.038	0.068
Riboflavin	mg	0.070	0.034	0.060
Niacin	mg	1.200	0.576	1.020
Vitamin B-6	mg	0.120	0.058	0.102
Folate, DFE	µg	15	7	13
Vitamin B-12	µg	2.00	0.96	1.70
Vitamin A, RAE	µg	15	7	13
Vitamin A, IU	IU	50	24	42
<b>Lipids</b>				
Fatty acids, total saturated	g	0.139	0.067	0.118

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Fatty acids, total monounsaturated	g	0.117	0.056	0.099
Fatty acids, total polyunsaturated	g	0.246	0.118	0.209
Cholesterol	mg	67	32	57