

Basic Report 15118, Fish, tuna, fresh, bluefin, cooked, dry heat

Report Date: January 28, 2015 04:12 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	59.09	50.23
Energy	kcal	184	156
Protein	g	29.91	25.42
Total lipid (fat)	g	6.28	5.34
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	10	8
Iron, Fe	mg	1.31	1.11
Magnesium, Mg	mg	64	54
Phosphorus, P	mg	326	277
Potassium, K	mg	323	275
Sodium, Na	mg	50	42
Zinc, Zn	mg	0.77	0.65
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.278	0.236
Riboflavin	mg	0.306	0.260
Niacin	mg	10.540	8.959
Vitamin B-6	mg	0.525	0.446
Folate, DFE	µg	2	2
Vitamin B-12	µg	10.88	9.25
Vitamin A, RAE	µg	757	643
Vitamin A, IU	IU	2520	2142
Lipids			
Fatty acids, total saturated	g	1.612	1.370

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Fatty acids, total monounsaturated	g	2.053	1.745
Fatty acids, total polyunsaturated	g	1.844	1.567
Cholesterol	mg	49	42