

**Basic Report 15119, Fish, tuna, light, canned in oil, drained solids**

Report Date: January 26, 2015 22:22 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, solid or chunks 146g	1 oz 28.35g	1 can 171g	3.0 oz 85g	1 can (12.5 oz), drained 321g
<b>Proximates</b>							
Water	g	59.83	87.35	16.96	102.31	50.86	192.05
Energy	kcal	198	289	56	339	168	636
Protein	g	29.13	42.53	8.26	49.81	24.76	93.51
Total lipid (fat)	g	8.21	11.99	2.33	14.04	6.98	26.35
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	13	19	4	22	11	42
Iron, Fe	mg	1.39	2.03	0.39	2.38	1.18	4.46
Magnesium, Mg	mg	31	45	9	53	26	100
Phosphorus, P	mg	311	454	88	532	264	998
Potassium, K	mg	207	302	59	354	176	664
Sodium, Na	mg	416	607	118	711	354	1335
Zinc, Zn	mg	0.90	1.31	0.26	1.54	0.76	2.89
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.038	0.055	0.011	0.065	0.032	0.122
Riboflavin	mg	0.120	0.175	0.034	0.205	0.102	0.385
Niacin	mg	12.400	18.104	3.515	21.204	10.540	39.804
Vitamin B-6	mg	0.110	0.161	0.031	0.188	0.094	0.353
Folate, DFE	µg	5	7	1	9	4	16
Vitamin B-12	µg	2.20	3.21	0.62	3.76	1.87	7.06
Vitamin A, RAE	µg	23	34	7	39	20	74
Vitamin A, IU	IU	77	112	22	132	65	247
Vitamin E (alpha-tocopherol)	mg	0.87	1.27	0.25	1.49	0.74	2.79

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Vitamin D (D2 + D3)	µg	6.7	9.8	1.9	11.5	5.7	21.5
Vitamin D	IU	269	393	76	460	229	863
Vitamin K (phylloquinone)	µg	44.0	64.2	12.5	75.2	37.4	141.2
<b>Lipids</b>							
Fatty acids, total saturated	g	1.534	2.240	0.435	2.623	1.304	4.924
Fatty acids, total monounsaturated	g	2.949	4.306	0.836	5.043	2.507	9.466
Fatty acids, total polyunsaturated	g	2.885	4.212	0.818	4.933	2.452	9.261
Cholesterol	mg	18	26	5	31	15	58
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0