

USDA National Nutrient Database for Standard Reference Release 27

Basic Report 15130, Fish, whitefish, mixed species, raw

Report Date: February 27, 2015 17:41 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 198g
Proximates				
Water	g	72.77	61.85	144.08
Energy	kcal	134	114	265
Protein	g	19.09	16.23	37.80
Total lipid (fat)	g	5.86	4.98	11.60
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
Minerals				
Calcium, Ca	mg	26	22	51
Iron, Fe	mg	0.37	0.31	0.73
Magnesium, Mg	mg	33	28	65
Phosphorus, P	mg	270	230	535
Potassium, K	mg	317	269	628
Sodium, Na	mg	51	43	101
Zinc, Zn	mg	0.99	0.84	1.96
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.140	0.119	0.277
Riboflavin	mg	0.120	0.102	0.238
Niacin	mg	3.000	2.550	5.940
Vitamin B-6	mg	0.300	0.255	0.594
Folate, DFE	µg	15	13	30
Vitamin B-12	µg	1.00	0.85	1.98
Vitamin A, RAE	µg	36	31	71
Vitamin A, IU	IU	120	102	238
Vitamin E (alpha-tocopherol)	mg	0.20	0.17	0.40

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 198g
Vitamin D (D2 + D3)	µg	12.0	10.2	23.8
Vitamin D	IU	478	406	946
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	0.906	0.770	1.794
Fatty acids, total monounsaturated	g	1.996	1.697	3.952
Fatty acids, total polyunsaturated	g	2.149	1.827	4.255
Cholesterol	mg	60	51	119
Other				
Caffeine	mg	0	0	0