

Basic Report 15139, Crustaceans, crab, blue, raw

Report Date: February 01, 2015 08:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 crab 21g
Proximates				
Water	g	79.02	67.17	16.59
Energy	kcal	87	74	18
Protein	g	18.06	15.35	3.79
Total lipid (fat)	g	1.08	0.92	0.23
Carbohydrate, by difference	g	0.04	0.03	0.01
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	89	76	19
Iron, Fe	mg	0.74	0.63	0.16
Magnesium, Mg	mg	34	29	7
Phosphorus, P	mg	229	195	48
Potassium, K	mg	329	280	69
Sodium, Na	mg	293	249	62
Zinc, Zn	mg	3.54	3.01	0.74
Vitamins				
Vitamin C, total ascorbic acid	mg	3.0	2.6	0.6
Thiamin	mg	0.080	0.068	0.017
Riboflavin	mg	0.040	0.034	0.008
Niacin	mg	2.700	2.295	0.567
Vitamin B-6	mg	0.150	0.128	0.032
Folate, DFE	µg	44	37	9
Vitamin B-12	µg	9.00	7.65	1.89
Vitamin A, RAE	µg	2	2	0
Vitamin A, IU	IU	5	4	1
Lipids				
Fatty acids, total saturated	g	0.222	0.189	0.047

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 crab 21g
Fatty acids, total monounsaturated	g	0.192	0.163	0.040
Fatty acids, total polyunsaturated	g	0.387	0.329	0.081
Cholesterol	mg	78	66	16