

Basic Report 15164, Mollusks, mussel, blue, raw

Report Date: January 27, 2015 20:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 150g	1 oz 28.35g	1 large 20g	1 medium 16g	1 small 10g	3.0 oz 85g
Proximates								
Water	g	80.58	120.87	22.84	16.12	12.89	8.06	68.49
Energy	kcal	86	129	24	17	14	9	73
Protein	g	11.90	17.85	3.37	2.38	1.90	1.19	10.12
Total lipid (fat)	g	2.24	3.36	0.64	0.45	0.36	0.22	1.90
Carbohydrate, by difference	g	3.69	5.54	1.05	0.74	0.59	0.37	3.14
Fiber, total dietary	g	0.0	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	0.00
Minerals								
Calcium, Ca	mg	26	39	7	5	4	3	22
Iron, Fe	mg	3.95	5.92	1.12	0.79	0.63	0.40	3.36
Magnesium, Mg	mg	34	51	10	7	5	3	29
Phosphorus, P	mg	197	296	56	39	32	20	167
Potassium, K	mg	320	480	91	64	51	32	272
Sodium, Na	mg	286	429	81	57	46	29	243
Zinc, Zn	mg	1.60	2.40	0.45	0.32	0.26	0.16	1.36
Vitamins								
Vitamin C, total ascorbic acid	mg	8.0	12.0	2.3	1.6	1.3	0.8	6.8
Thiamin	mg	0.160	0.240	0.045	0.032	0.026	0.016	0.136
Riboflavin	mg	0.210	0.315	0.060	0.042	0.034	0.021	0.178
Niacin	mg	1.600	2.400	0.454	0.320	0.256	0.160	1.360
Vitamin B-6	mg	0.050	0.075	0.014	0.010	0.008	0.005	0.042
Folate, DFE	µg	42	63	12	8	7	4	36
Vitamin B-12	µg	12.00	18.00	3.40	2.40	1.92	1.20	10.20
Vitamin A, RAE	µg	48	72	14	10	8	5	41
Vitamin A, IU	IU	160	240	45	32	26	16	136
Vitamin E (alpha-tocopherol)	mg	0.55	0.82	0.16	0.11	0.09	0.06	0.47

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2	0.0	0.0	0.0	0.0	0.1
Lipids								
Fatty acids, total saturated	g	0.425	0.638	0.120	0.085	0.068	0.042	0.361
Fatty acids, total monounsaturated	g	0.507	0.760	0.144	0.101	0.081	0.051	0.431
Fatty acids, total polyunsaturated	g	0.606	0.909	0.172	0.121	0.097	0.061	0.515
Cholesterol	mg	28	42	8	6	4	3	24
Other								
Caffeine	mg	0	0	0	0	0	0	0