

Basic Report 15187, Fish, bass, freshwater, mixed species, cooked, dry heat

Report Date: February 01, 2015 13:09 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fillet 62g	3.0 oz 85g
Proximates				
Water	g	68.79	42.65	58.47
Energy	kcal	146	91	124
Protein	g	24.18	14.99	20.55
Total lipid (fat)	g	4.73	2.93	4.02
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	103	64	88
Iron, Fe	mg	1.91	1.18	1.62
Magnesium, Mg	mg	38	24	32
Phosphorus, P	mg	256	159	218
Potassium, K	mg	456	283	388
Sodium, Na	mg	90	56	76
Zinc, Zn	mg	0.83	0.51	0.71
Vitamins				
Vitamin C, total ascorbic acid	mg	2.1	1.3	1.8
Thiamin	mg	0.087	0.054	0.074
Riboflavin	mg	0.090	0.056	0.076
Niacin	mg	1.522	0.944	1.294
Vitamin B-6	mg	0.138	0.086	0.117
Folate, DFE	µg	17	11	14
Vitamin B-12	µg	2.31	1.43	1.96
Vitamin A, RAE	µg	35	22	30
Vitamin A, IU	IU	115	71	98
Lipids				
Fatty acids, total saturated	g	1.001	0.621	0.851

Nutrient	Unit	1 Value Per100 g	1 fillet 62g	3.0 oz 85g
Fatty acids, total monounsaturated	g	1.835	1.138	1.560
Fatty acids, total polyunsaturated	g	1.360	0.843	1.156
Cholesterol	mg	87	54	74