

Basic Report 15220, Fish, tuna, skipjack, fresh, cooked, dry heat

Report Date: January 25, 2015 11:17 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Proximates				
Water	g	62.28	52.94	95.91
Energy	kcal	132	112	203
Protein	g	28.21	23.98	43.44
Total lipid (fat)	g	1.29	1.10	1.99
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	37	31	57
Iron, Fe	mg	1.60	1.36	2.46
Magnesium, Mg	mg	44	37	68
Phosphorus, P	mg	285	242	439
Potassium, K	mg	522	444	804
Sodium, Na	mg	47	40	72
Zinc, Zn	mg	1.05	0.89	1.62
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	0.8	1.5
Thiamin	mg	0.038	0.032	0.059
Riboflavin	mg	0.122	0.104	0.188
Niacin	mg	18.756	15.943	28.884
Vitamin B-6	mg	0.981	0.834	1.511
Folate, DFE	µg	10	8	15
Vitamin B-12	µg	2.19	1.86	3.37
Vitamin A, RAE	µg	18	15	28
Vitamin A, IU	IU	60	51	92
Lipids				
Fatty acids, total saturated	g	0.420	0.357	0.647

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Fatty acids, total monounsaturated	g	0.243	0.207	0.374
Fatty acids, total polyunsaturated	g	0.403	0.343	0.621
Cholesterol	mg	60	51	92