

Basic Report 15241, Fish, trout, rainbow, farmed, cooked, dry heat

Report Date: January 27, 2015 11:54 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 fillet 71g	3.0 oz 85g
Proximates				
Water	g	68.72	48.79	58.41
Energy	kcal	168	119	143
Protein	g	23.80	16.90	20.23
Total lipid (fat)	g	7.38	5.24	6.27
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	30	21	26
Iron, Fe	mg	0.36	0.26	0.31
Magnesium, Mg	mg	30	21	26
Phosphorus, P	mg	270	192	230
Potassium, K	mg	450	320	382
Sodium, Na	mg	61	43	52
Zinc, Zn	mg	0.54	0.38	0.46
Vitamins				
Vitamin C, total ascorbic acid	mg	2.9	2.1	2.5
Thiamin	mg	0.143	0.102	0.122
Riboflavin	mg	0.107	0.076	0.091
Niacin	mg	6.646	4.719	5.649
Vitamin B-6	mg	0.386	0.274	0.328
Folate, DFE	µg	12	9	10
Vitamin B-12	µg	4.11	2.92	3.49
Vitamin A, RAE	µg	100	71	85
Vitamin A, IU	IU	301	214	256
Vitamin E (alpha-tocopherol)	mg	2.79	1.98	2.37

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Vitamin D (D2 + D3)	µg	19.0	13.5	16.2
Vitamin D	IU	759	539	645
Vitamin K (phylloquinone)	µg	0.1	0.1	0.1
Lipids				
Fatty acids, total saturated	g	1.651	1.172	1.403
Fatty acids, total monounsaturated	g	2.363	1.678	2.009
Fatty acids, total polyunsaturated	g	1.799	1.277	1.529
Cholesterol	mg	70	50	60
Other				
Caffeine	mg	0	0	0