

Basic Report 15250, Mollusks, conch, baked or broiled

Report Date: January 26, 2015 15:28 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 127g	1 oz cooked, yield 17g
Proximates				
Water	g	69.40	88.14	11.80
Energy	kcal	130	165	22
Protein	g	26.30	33.40	4.47
Total lipid (fat)	g	1.20	1.52	0.20
Carbohydrate, by difference	g	1.70	2.16	0.29
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	98	124	17
Iron, Fe	mg	1.41	1.79	0.24
Magnesium, Mg	mg	238	302	40
Phosphorus, P	mg	217	276	37
Potassium, K	mg	163	207	28
Sodium, Na	mg	153	194	26
Zinc, Zn	mg	1.71	2.17	0.29
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.076	0.010
Riboflavin	mg	0.080	0.102	0.014
Niacin	mg	1.040	1.321	0.177
Vitamin B-6	mg	0.060	0.076	0.010
Folate, DFE	µg	179	227	30
Vitamin B-12	µg	5.25	6.67	0.89
Vitamin A, RAE	µg	7	9	1
Vitamin A, IU	IU	23	29	4
Vitamin E (alpha-tocopherol)	mg	6.33	8.04	1.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.2	0.3	0.0
Lipids				
Fatty acids, total saturated	g	0.370	0.470	0.063
Fatty acids, total monounsaturated	g	0.334	0.424	0.057
Fatty acids, total polyunsaturated	g	0.274	0.348	0.047
Cholesterol	mg	65	83	11
Other				
Caffeine	mg	0	0	0