

**Basic Report 15268, Fish, cod, Pacific, untreated, raw**

Report Date: January 31, 2015 23:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	81.86	69.58
Energy	kcal	72	61
Protein	g	17.54	14.91
Total lipid (fat)	g	0.20	0.17
Carbohydrate, by difference	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	23	20
Iron, Fe	mg	0.17	0.14
Magnesium, Mg	mg	28	24
Phosphorus, P	mg	180	153
Potassium, K	mg	329	280
Sodium, Na	mg	109	93
Zinc, Zn	mg	0.35	0.30
<b>Lipids</b>			
Fatty acids, total saturated	g	0.039	0.033
Fatty acids, total monounsaturated	g	0.051	0.043
Fatty acids, total polyunsaturated	g	0.081	0.069
Cholesterol	mg	46	39