

Basic Report 35034, Fish, devilfish, meat (Alaska Native)

Report Date: January 25, 2015 07:16 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	80.80
Energy	kcal	97
Protein	g	11.70
Total lipid (fat)	g	5.30
Carbohydrate, by difference	g	0.00
Minerals		
Calcium, Ca	mg	12
Iron, Fe	mg	0.40
Phosphorus, P	mg	3
Vitamins		
Vitamin C, total ascorbic acid	mg	3.0
Thiamin	mg	0.090
Riboflavin	mg	0.100
Niacin	mg	1.100
Vitamin A, IU	IU	1020