

Basic Report 35086, Whale, bowhead, skin and subcutaneous fat (muktuk) (Alaska Native)

Report Date: January 28, 2015 07:05 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	40.00
Energy	kcal	465
Protein	g	12.60
Total lipid (fat)	g	46.10
Carbohydrate, by difference	g	0.00
Minerals		
Calcium, Ca	mg	5
Phosphorus, P	mg	87
Vitamins		
Thiamin	mg	0.080
Riboflavin	mg	0.020
Niacin	mg	0.800
Vitamin A, IU	IU	750
Lipids		
Fatty acids, total saturated	g	6.560
Fatty acids, total monounsaturated	g	28.120
Fatty acids, total polyunsaturated	g	7.970
Cholesterol	mg	54