

Basic Report 35170, Seal, bearded (Oogruk), meat, low quadrant, raw (Alaska Native)

Report Date: January 31, 2015 12:40 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g |
|------------------------------|------|------------------------|
| Proximates | | |
| Water | g | 63.35 |
| Energy | kcal | 186 |
| Protein | g | 23.63 |
| Total lipid (fat) | g | 10.17 |
| Carbohydrate, by difference | g | 0.00 |
| Fiber, total dietary | g | 0.0 |
| Sugars, total | g | 0.00 |
| Minerals | | |
| Calcium, Ca | mg | 4 |
| Iron, Fe | mg | 17.00 |
| Magnesium, Mg | mg | 17 |
| Phosphorus, P | mg | 140 |
| Potassium, K | mg | 210 |
| Sodium, Na | mg | 57 |
| Zinc, Zn | mg | 2.60 |
| Vitamins | | |
| Vitamin A, RAE | µg | 195 |
| Vitamin A, IU | IU | 648 |
| Vitamin E (alpha-tocopherol) | mg | 0.27 |
| Vitamin K (phylloquinone) | µg | 0.0 |
| Lipids | | |
| Cholesterol | mg | 121 |
| Other | | |
| Caffeine | mg | 0 |