

Basic Report 04590, Fish oil, herring

Report Date: July 22, 2019 20:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 13.6g	1 tsp 4.5g	1 cup 218g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	902	123	41	1966
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	13.60	4.50	218.00
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Minerals					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	0	0	0	0
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Lipids					
Fatty acids, total saturated	g	21.290	2.895	0.958	46.412

Nutrient	Unit	1 Value Per100 g	1 tbsp 13.6g	1 tsp 4.5g	1 cup 218g
Fatty acids, total monounsaturated	g	56.564	7.693	2.545	123.310
Fatty acids, total polyunsaturated	g	15.604	2.122	0.702	34.017
Cholesterol	mg	766	104	34	1670
Amino Acids					
Other					