

Basic Report 15040, Fish, herring, Atlantic, cooked, dry heat

Report Date: July 23, 2019 01:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
Proximates				
Water	g	64.16	91.75	54.54
Energy	kcal	203	290	173
Protein	g	23.03	32.93	19.58
Total lipid (fat)	g	11.59	16.57	9.85
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	74	106	63
Iron, Fe	mg	1.41	2.02	1.20
Magnesium, Mg	mg	41	59	35
Phosphorus, P	mg	303	433	258
Potassium, K	mg	419	599	356
Sodium, Na	mg	115	164	98
Zinc, Zn	mg	1.27	1.82	1.08
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	1.0	0.6
Thiamin	mg	0.112	0.160	0.095
Riboflavin	mg	0.299	0.428	0.254
Niacin	mg	4.124	5.897	3.505
Vitamin B-6	mg	0.348	0.498	0.296
Folate, DFE	µg	12	17	10
Vitamin B-12	µg	13.14	18.79	11.17
Vitamin A, RAE	µg	36	51	31
Vitamin A, IU	IU	120	172	102
Vitamin E (alpha-tocopherol)	mg	1.37	1.96	1.16

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Vitamin D (D2 + D3)	µg	5.4	7.7	4.6
Vitamin D	IU	214	306	182
Vitamin K (phylloquinone)	µg	0.1	0.1	0.1
Lipids				
Fatty acids, total saturated	g	2.615	3.739	2.223
Fatty acids, total monounsaturated	g	4.790	6.850	4.071
Fatty acids, total polyunsaturated	g	2.735	3.911	2.325
Cholesterol	mg	77	110	65
Amino Acids				
Other				
Caffeine	mg	0	0	0