

Basic Report 15121, Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's Food Distribution Program)

Report Date: July 20, 2019 02:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	3.0 oz 85g	1 can 165g	1 cup, solid or chunks 154g	1 can (12.5 oz), drained 315g
Proximates							
Water	g	78.14	22.15	66.42	128.93	120.34	246.14
Energy	kcal	86	24	73	142	132	271
Protein	g	19.44	5.51	16.52	32.08	29.94	61.24
Total lipid (fat)	g	0.96	0.27	0.82	1.58	1.48	3.02
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	17	5	14	28	26	54
Iron, Fe	mg	1.63	0.46	1.39	2.69	2.51	5.13
Magnesium, Mg	mg	23	7	20	38	35	72
Phosphorus, P	mg	139	39	118	229	214	438
Potassium, K	mg	179	51	152	295	276	564
Sodium, Na	mg	247	70	210	408	380	778
Zinc, Zn	mg	0.69	0.20	0.59	1.14	1.06	2.17
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.030	0.009	0.025	0.050	0.046	0.094
Riboflavin	mg	0.084	0.024	0.071	0.139	0.129	0.265
Niacin	mg	10.136	2.874	8.616	16.724	15.609	31.928
Vitamin B-6	mg	0.319	0.090	0.271	0.526	0.491	1.005
Folate, DFE	µg	4	1	3	7	6	13
Vitamin B-12	µg	2.55	0.72	2.17	4.21	3.93	8.03
Vitamin A, RAE	µg	17	5	14	28	26	54
Vitamin A, IU	IU	57	16	48	94	88	180
Vitamin E (alpha-tocopherol)	mg	0.33	0.09	0.28	0.54	0.51	1.04

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Vitamin D (D2 + D3)	µg	1.2	0.3	1.0	2.0	1.8	3.8
Vitamin D	IU	47	13	40	78	72	148
Vitamin K (phylloquinone)	µg	0.2	0.1	0.2	0.3	0.3	0.6
Lipids							
Fatty acids, total saturated	g	0.211	0.060	0.179	0.348	0.325	0.665
Fatty acids, total monounsaturated	g	0.107	0.030	0.091	0.177	0.165	0.337
Fatty acids, total polyunsaturated	g	0.277	0.079	0.235	0.457	0.427	0.873
Fatty acids, total trans	g	0.002	0.001	0.002	0.003	0.003	0.006
Cholesterol	mg	36	10	31	59	55	113
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0