

Basic Report 15123, Fish, tuna, fresh, skipjack, raw

Report Date: September 17, 2019 01:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
Proximates				
Water	g	70.58	59.99	139.75
Energy	kcal	103	88	204
Protein	g	22.00	18.70	43.56
Total lipid (fat)	g	1.01	0.86	2.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	29	25	57
Iron, Fe	mg	1.25	1.06	2.48
Magnesium, Mg	mg	34	29	67
Phosphorus, P	mg	222	189	440
Potassium, K	mg	407	346	806
Sodium, Na	mg	37	31	73
Zinc, Zn	mg	0.82	0.70	1.62
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	0.8	2.0
Thiamin	mg	0.033	0.028	0.065
Riboflavin	mg	0.100	0.085	0.198
Niacin	mg	15.400	13.090	30.492
Vitamin B-6	mg	0.850	0.723	1.683
Folate, DFE	µg	9	8	18
Vitamin B-12	µg	1.90	1.61	3.76
Vitamin A, RAE	µg	16	14	32
Vitamin A, IU	IU	52	44	103
Lipids				
Fatty acids, total saturated	g	0.328	0.279	0.649

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
Fatty acids, total monounsaturated	g	0.190	0.161	0.376
Fatty acids, total polyunsaturated	g	0.315	0.268	0.624
Cholesterol	mg	47	40	93
Amino Acids				
Other				