

## Basic Report 15124, Fish, tuna, white, canned in oil, drained solids

Report Date: July 15, 2019 20:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 can 178g
<b>Proximates</b>				
Water	g	64.02	54.42	113.96
Energy	kcal	186	158	331
Protein	g	26.53	22.55	47.22
Total lipid (fat)	g	8.08	6.87	14.38
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
<b>Minerals</b>				
Calcium, Ca	mg	4	3	7
Iron, Fe	mg	0.65	0.55	1.16
Magnesium, Mg	mg	34	29	61
Phosphorus, P	mg	267	227	475
Potassium, K	mg	333	283	593
Sodium, Na	mg	396	337	705
Zinc, Zn	mg	0.47	0.40	0.84
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.017	0.014	0.030
Riboflavin	mg	0.079	0.067	0.141
Niacin	mg	11.698	9.943	20.822
Vitamin B-6	mg	0.430	0.365	0.765
Folate, DFE	µg	5	4	9
Vitamin B-12	µg	2.20	1.87	3.92
Vitamin A, RAE	µg	5	4	9
Vitamin A, IU	IU	16	14	28
Vitamin E (alpha-tocopherol)	mg	2.30	1.95	4.09

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Vitamin K (phylloquinone)	µg	6.9	5.9	12.3
<b>Lipids</b>				
Fatty acids, total saturated	g	1.280	1.088	2.278
Fatty acids, total monounsaturated	g	3.262	2.773	5.806
Fatty acids, total polyunsaturated	g	2.972	2.526	5.290
Cholesterol	mg	31	26	55
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0