

Basic Report 15165, Mollusks, mussel, blue, cooked, moist heat

Report Date: July 16, 2019 06:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	61.15	51.98
Energy	kcal	172	146
Protein	g	23.80	20.23
Total lipid (fat)	g	4.48	3.81
Carbohydrate, by difference	g	7.39	6.28
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	33	28
Iron, Fe	mg	6.72	5.71
Magnesium, Mg	mg	37	31
Phosphorus, P	mg	285	242
Potassium, K	mg	268	228
Sodium, Na	mg	369	314
Zinc, Zn	mg	2.67	2.27
Vitamins			
Vitamin C, total ascorbic acid	mg	13.6	11.6
Thiamin	mg	0.300	0.255
Riboflavin	mg	0.420	0.357
Niacin	mg	3.000	2.550
Vitamin B-6	mg	0.100	0.085
Folate, DFE	µg	76	65
Vitamin B-12	µg	24.00	20.40
Vitamin A, RAE	µg	91	77
Vitamin A, IU	IU	304	258
Lipids			
Fatty acids, total saturated	g	0.850	0.723

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Fatty acids, total monounsaturated	g	1.014	0.862
Fatty acids, total polyunsaturated	g	1.212	1.030
Cholesterol	mg	56	48

Amino Acids

Other