

Basic Report 15167, Mollusks, oyster, eastern, wild, raw

Report Date: September 20, 2019 01:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	6.0 medium 84g	1 cup 248g
Proximates				
Water	g	89.04	74.79	220.82
Energy	kcal	51	43	126
Protein	g	5.71	4.80	14.16
Total lipid (fat)	g	1.71	1.44	4.24
Carbohydrate, by difference	g	2.72	2.28	6.75
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.62	0.52	1.54
Minerals				
Calcium, Ca	mg	59	50	146
Iron, Fe	mg	4.61	3.87	11.43
Magnesium, Mg	mg	18	15	45
Phosphorus, P	mg	97	81	241
Potassium, K	mg	156	131	387
Sodium, Na	mg	85	71	211
Zinc, Zn	mg	39.30	33.01	97.46
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.018	0.015	0.045
Riboflavin	mg	0.090	0.076	0.223
Niacin	mg	0.925	0.777	2.294
Vitamin B-6	mg	0.031	0.026	0.077
Folate, DFE	µg	7	6	17
Vitamin B-12	µg	8.75	7.35	21.70
Vitamin A, RAE	µg	13	11	32
Vitamin A, IU	IU	44	37	109
Vitamin E (alpha-tocopherol)	mg	0.85	0.71	2.11

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	1	1	2
Vitamin K (phylloquinone)	µg	1.0	0.8	2.5
Lipids				
Fatty acids, total saturated	g	0.474	0.398	1.176
Fatty acids, total monounsaturated	g	0.253	0.213	0.627
Fatty acids, total polyunsaturated	g	0.528	0.444	1.309
Fatty acids, total trans	g	0.034	0.029	0.084
Cholesterol	mg	40	34	99
Amino Acids				
Other				
Caffeine	mg	0	0	0