

## Basic Report 15220, Fish, tuna, skipjack, fresh, cooked, dry heat

Report Date: September 17, 2019 01:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
<b>Proximates</b>				
Water	g	62.28	52.94	95.91
Energy	kcal	132	112	203
Protein	g	28.21	23.98	43.44
Total lipid (fat)	g	1.29	1.10	1.99
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	37	31	57
Iron, Fe	mg	1.60	1.36	2.46
Magnesium, Mg	mg	44	37	68
Phosphorus, P	mg	285	242	439
Potassium, K	mg	522	444	804
Sodium, Na	mg	47	40	72
Zinc, Zn	mg	1.05	0.89	1.62
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.0	0.8	1.5
Thiamin	mg	0.038	0.032	0.059
Riboflavin	mg	0.122	0.104	0.188
Niacin	mg	18.756	15.943	28.884
Vitamin B-6	mg	0.981	0.834	1.511
Folate, DFE	µg	10	8	15
Vitamin B-12	µg	2.19	1.86	3.37
Vitamin A, RAE	µg	18	15	28
Vitamin A, IU	IU	60	51	92
<b>Lipids</b>				
Fatty acids, total saturated	g	0.420	0.357	0.647

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Fatty acids, total monounsaturated	g	0.243	0.207	0.374
Fatty acids, total polyunsaturated	g	0.403	0.343	0.621
Cholesterol	mg	60	51	92
<b>Amino Acids</b>				
<b>Other</b>				