

Basic Report 15246, Mollusks, oyster, eastern, farmed, cooked, dry heat

Report Date: August 23, 2019 09:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	6.0 medium 59g
Proximates				
Water	g	81.95	69.66	48.35
Energy	kcal	79	67	47
Protein	g	7.00	5.95	4.13
Total lipid (fat)	g	2.12	1.80	1.25
Carbohydrate, by difference	g	7.28	6.19	4.30
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	56	48	33
Iron, Fe	mg	7.77	6.60	4.58
Magnesium, Mg	mg	33	28	19
Phosphorus, P	mg	115	98	68
Potassium, K	mg	152	129	90
Sodium, Na	mg	163	139	96
Zinc, Zn	mg	45.15	38.38	26.64
Vitamins				
Vitamin C, total ascorbic acid	mg	6.0	5.1	3.5
Thiamin	mg	0.130	0.111	0.077
Riboflavin	mg	0.055	0.047	0.032
Niacin	mg	1.792	1.523	1.057
Vitamin B-6	mg	0.076	0.065	0.045
Folate, DFE	µg	24	20	14
Vitamin B-12	µg	24.30	20.66	14.34
Vitamin A, RAE	µg	19	16	11
Vitamin A, IU	IU	63	54	37
Lipids				
Fatty acids, total saturated	g	0.683	0.581	0.403

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	6.0 medium 59g
Fatty acids, total monounsaturated	g	0.230	0.196	0.136
Fatty acids, total polyunsaturated	g	0.713	0.606	0.421
Cholesterol	mg	38	32	22
Amino Acids				
Other				