

Basic Report 15261, Fish, tilapia, raw

Report Date: July 16, 2019 14:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 116g
Proximates			
Water	g	78.08	90.57
Energy	kcal	96	111
Protein	g	20.08	23.29
Total lipid (fat)	g	1.70	1.97
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	10	12
Iron, Fe	mg	0.56	0.65
Magnesium, Mg	mg	27	31
Phosphorus, P	mg	170	197
Potassium, K	mg	302	350
Sodium, Na	mg	52	60
Zinc, Zn	mg	0.33	0.38
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.041	0.048
Riboflavin	mg	0.063	0.073
Niacin	mg	3.903	4.527
Vitamin B-6	mg	0.162	0.188
Folate, DFE	µg	24	28
Vitamin B-12	µg	1.58	1.83
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.40	0.46

Nutrient	Unit	1 Value Per100 g	1 fillet 116g
Vitamin D (D2 + D3)	µg	3.1	3.6
Vitamin D	IU	124	144
Vitamin K (phylloquinone)	µg	1.4	1.6
Lipids			
Fatty acids, total saturated	g	0.585	0.679
Fatty acids, total monounsaturated	g	0.498	0.578
Fatty acids, total polyunsaturated	g	0.363	0.421
Cholesterol	mg	50	58
Amino Acids			
Other			
Caffeine	mg	0	0