

## Basic Report 15262, Fish, tilapia, cooked, dry heat

Report Date: July 22, 2019 21:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.85 Value Per85 g	1 fillet 87g
<b>Proximates</b>			
Water	g	60.85	62.28
Energy	kcal	109	111
Protein	g	22.23	22.75
Total lipid (fat)	g	2.25	2.31
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	12	12
Iron, Fe	mg	0.59	0.60
Magnesium, Mg	mg	29	30
Phosphorus, P	mg	173	177
Potassium, K	mg	323	331
Sodium, Na	mg	48	49
Zinc, Zn	mg	0.35	0.36
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.079	0.081
Riboflavin	mg	0.062	0.064
Niacin	mg	4.033	4.128
Vitamin B-6	mg	0.105	0.107
Folate, DFE	µg	5	5
Vitamin B-12	µg	1.58	1.62
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.67	0.69

<b>Nutrient</b>	<b>Unit</b>	<b>.85 Value Per85 g</b>	<b>1 fillet 87g</b>
Vitamin D (D2 + D3)	µg	3.1	3.2
Vitamin D	IU	128	130
Vitamin K (phylloquinone)	µg	0.8	0.8
<b>Lipids</b>			
Fatty acids, total saturated	g	0.799	0.818
Fatty acids, total monounsaturated	g	0.812	0.831
Fatty acids, total polyunsaturated	g	0.510	0.522
Cholesterol	mg	48	50
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0