

Basic Report 15274, Fish, trout, brook, raw, New York State

Report Date: August 18, 2019 02:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 filet 149g	1 fish 332g
Proximates				
Water	g	75.67	112.75	251.22
Energy	kcal	110	164	365
Protein	g	21.23	31.63	70.48
Total lipid (fat)	g	2.73	4.07	9.06
Carbohydrate, by difference	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	25	37	83
Iron, Fe	mg	0.38	0.57	1.26
Magnesium, Mg	mg	28	42	93
Phosphorus, P	mg	246	367	817
Potassium, K	mg	417	621	1384
Sodium, Na	mg	45	67	149
Zinc, Zn	mg	0.55	0.82	1.83
Vitamins				
Thiamin	mg	0.137	0.204	0.455
Riboflavin	mg	0.101	0.150	0.335
Niacin	mg	5.293	7.887	17.573
Vitamin B-6	mg	0.273	0.407	0.906
Vitamin B-12	µg	2.77	4.13	9.20
Lipids				
Fatty acids, total saturated	g	0.595	0.887	1.975
Fatty acids, total monounsaturated	g	0.815	1.214	2.706
Fatty acids, total polyunsaturated	g	0.772	1.150	2.563
Fatty acids, total trans	g	0.019	0.028	0.063
Cholesterol	mg	60	89	199

Amino Acids

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Other				