

Basic Report 04589, Fish oil, cod liver

Report Date: June 19, 2019 15:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 4.5g	1 tbsp 13.6g	1 cup 218g
Proximates					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	902	41	123	1966
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	4.50	13.60	218.00
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Minerals					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	0	0	0	0
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	30000	1350	4080	65400
Vitamin A, IU	IU	100000	4500	13600	218000
Vitamin D (D2 + D3)	µg	250.0	11.2	34.0	545.0
Vitamin D	IU	10000	450	1360	21800
Lipids					

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Fatty acids, total saturated	g	22.608	1.017	3.075	49.285
Fatty acids, total monounsaturated	g	46.711	2.102	6.353	101.830
Fatty acids, total polyunsaturated	g	22.541	1.014	3.066	49.139
Cholesterol	mg	570	26	78	1243
Amino Acids					
Other					