

## Basic Report 15038, Fish, halibut, Greenland, raw

Report Date: August 25, 2019 03:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 204g
<b>Proximates</b>				
Water	g	70.27	59.73	143.35
Energy	kcal	186	158	379
Protein	g	14.37	12.21	29.31
Total lipid (fat)	g	13.84	11.76	28.23
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	3	3	6
Iron, Fe	mg	0.66	0.56	1.35
Magnesium, Mg	mg	26	22	53
Phosphorus, P	mg	164	139	335
Potassium, K	mg	268	228	547
Sodium, Na	mg	80	68	163
Zinc, Zn	mg	0.40	0.34	0.82
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.051	0.122
Riboflavin	mg	0.080	0.068	0.163
Niacin	mg	1.500	1.275	3.060
Vitamin B-6	mg	0.420	0.357	0.857
Folate, DFE	µg	1	1	2
Vitamin B-12	µg	1.00	0.85	2.04
Vitamin A, RAE	µg	14	12	29
Vitamin A, IU	IU	47	40	96
Vitamin E (alpha-tocopherol)	mg	0.73	0.62	1.49

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>0.5 fillet 204g</b>
Vitamin D (D2 + D3)	µg	27.4	23.3	55.9
Vitamin D	IU	1097	932	2238
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	2.419	2.056	4.935
Fatty acids, total monounsaturated	g	8.378	7.121	17.091
Fatty acids, total polyunsaturated	g	1.367	1.162	2.789
Cholesterol	mg	46	39	94
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0