

Statistics Report 15038, Fish, halibut, Greenland, raw
Report Date: September 15, 2019 20:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.27	19	1.360	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	186	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	778	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	14.37	3	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	13.84	22	0.770	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.00	3	0.050	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	3	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Iron, Fe	mg	0.66	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	26	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	164	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	268	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	80	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Copper, Cu	mg	0.030	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Manganese, Mn	mg	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	36.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.060	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.080	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	1.500	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Pantothenic acid	mg	0.250	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.420	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	61.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	1.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	15028	03/2009
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	47	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	0	0	--	--	--	--	Calculated or imputed	15028	03/2009

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Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	27.4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	27.4	--	--	0	0	--	--	--	--	Calculated or imputed	15028	03/2009
Vitamin D	IU	1097	--	--	0	0	--	--	--	--	Calculated or imputed	15028	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	15028	03/2009
Lipids													
Fatty acids, total saturated	g	2.419	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.008	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.754	3	0.029	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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16:0	g	1.440	3	0.052	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.193	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	8.378	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	1.763	3	0.243	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	2.393	3	0.489	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	2.237	3	0.073	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	1.968	3	0.296	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	1.367	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.123	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.043	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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18:4	g	0.132	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.061	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.526	3	0.051	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.089	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.393	3	0.016	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	46	9	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.161	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.630	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.662	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.168	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Lysine	g	1.320	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.425	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.154	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.561	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.485	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.740	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	0.860	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.423	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	0.869	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.471	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Glutamic acid	g	2.145	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.690	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.508	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.586	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001