

Basic Report 15106, Fish, sturgeon, mixed species, smoked

Report Date: June 15, 2019 20:50 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28.35g | 3.0 oz 85g |
|--------------------------------|------|------------------------|----------------|---------------|
| Proximates | | | | |
| Water | g | 62.50 | 17.72 | 53.12 |
| Energy | kcal | 173 | 49 | 147 |
| Protein | g | 31.20 | 8.85 | 26.52 |
| Total lipid (fat) | g | 4.40 | 1.25 | 3.74 |
| 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 |
| Minerals | | | | |
| Calcium, Ca | mg | 17 | 5 | 14 |
| Iron, Fe | mg | 0.93 | 0.26 | 0.79 |
| Magnesium, Mg | mg | 47 | 13 | 40 |
| Phosphorus, P | mg | 281 | 80 | 239 |
| Potassium, K | mg | 379 | 107 | 322 |
| Sodium, Na | mg | 739 | 210 | 628 |
| Zinc, Zn | mg | 0.56 | 0.16 | 0.48 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.090 | 0.026 | 0.076 |
| Riboflavin | mg | 0.090 | 0.026 | 0.076 |
| Niacin | mg | 11.100 | 3.147 | 9.435 |
| Vitamin B-6 | mg | 0.270 | 0.077 | 0.230 |
| Folate, DFE | µg | 20 | 6 | 17 |
| Vitamin B-12 | µg | 2.90 | 0.82 | 2.46 |
| Vitamin A, RAE | µg | 280 | 79 | 238 |
| Vitamin A, IU | IU | 933 | 265 | 793 |
| Vitamin E (alpha-tocopherol) | mg | 0.50 | 0.14 | 0.42 |

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28.35g | 3.0 oz 85g |
|------------------------------------|-------------|---------------------------------|------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 16.1 | 4.6 | 13.7 |
| Vitamin D | IU | 642 | 182 | 546 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.0 | 0.1 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 1.037 | 0.294 | 0.881 |
| Fatty acids, total monounsaturated | g | 2.356 | 0.668 | 2.003 |
| Fatty acids, total polyunsaturated | g | 0.436 | 0.124 | 0.371 |
| Cholesterol | mg | 80 | 23 | 68 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |