

Basic Report 15131, Fish, whitefish, mixed species, smoked

Report Date: June 20, 2019 19:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cooked 136g	1 oz, boneless 28.35g	1 cubic inch, boneless 17g	3.0 oz 85g
Proximates						
Water	g	70.83	96.33	20.08	12.04	60.21
Energy	kcal	108	147	31	18	92
Protein	g	23.40	31.82	6.63	3.98	19.89
Total lipid (fat)	g	0.93	1.26	0.26	0.16	0.79
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00
Minerals						
Calcium, Ca	mg	18	24	5	3	15
Iron, Fe	mg	0.50	0.68	0.14	0.09	0.42
Magnesium, Mg	mg	23	31	7	4	20
Phosphorus, P	mg	132	180	37	22	112
Potassium, K	mg	423	575	120	72	360
Sodium, Na	mg	1019	1386	289	173	866
Zinc, Zn	mg	0.49	0.67	0.14	0.08	0.42
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.032	0.044	0.009	0.005	0.027
Riboflavin	mg	0.101	0.137	0.029	0.017	0.086
Niacin	mg	2.400	3.264	0.680	0.408	2.040
Vitamin B-6	mg	0.389	0.529	0.110	0.066	0.331
Folate, DFE	µg	7	10	2	1	6
Vitamin B-12	µg	3.26	4.43	0.92	0.55	2.77
Vitamin A, RAE	µg	57	78	16	10	48
Vitamin A, IU	IU	190	258	54	32	162
Vitamin E (alpha-tocopherol)	mg	0.21	0.29	0.06	0.04	0.18

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Vitamin D (D2 + D3)	µg	12.8	17.4	3.6	2.2	10.9
Vitamin D	IU	512	696	145	87	435
Vitamin K (phylloquinone)	µg	0.1	0.1	0.0	0.0	0.1
Lipids						
Fatty acids, total saturated	g	0.228	0.310	0.065	0.039	0.194
Fatty acids, total monounsaturated	g	0.278	0.378	0.079	0.047	0.236
Fatty acids, total polyunsaturated	g	0.293	0.398	0.083	0.050	0.249
Cholesterol	mg	33	45	9	6	28
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0