

**Basic Report 15141, Crustaceans, crab, blue, canned**

Report Date: June 15, 2019 20:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 135g	1 oz 28.35g	1 can (6.5 oz), drained 125g	3.0 oz 85g
<b>Proximates</b>						
Water	g	79.69	107.58	22.59	99.61	67.74
Energy	kcal	83	112	24	104	71
Protein	g	17.88	24.14	5.07	22.35	15.20
Total lipid (fat)	g	0.74	1.00	0.21	0.93	0.63
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
<b>Minerals</b>						
Calcium, Ca	mg	91	123	26	114	77
Iron, Fe	mg	0.50	0.68	0.14	0.62	0.42
Magnesium, Mg	mg	36	49	10	45	31
Phosphorus, P	mg	234	316	66	292	199
Potassium, K	mg	259	350	73	324	220
Sodium, Na	mg	563	760	160	704	479
Zinc, Zn	mg	3.81	5.14	1.08	4.76	3.24
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	3.3	4.5	0.9	4.1	2.8
Thiamin	mg	0.023	0.031	0.007	0.029	0.020
Riboflavin	mg	0.093	0.126	0.026	0.116	0.079
Niacin	mg	2.747	3.708	0.779	3.434	2.335
Vitamin B-6	mg	0.156	0.211	0.044	0.195	0.133
Folate, DFE	µg	51	69	14	64	43
Vitamin B-12	µg	3.33	4.50	0.94	4.16	2.83
Vitamin A, RAE	µg	1	1	0	1	1
Vitamin A, IU	IU	2	3	1	2	2
Vitamin E (alpha-tocopherol)	mg	1.84	2.48	0.52	2.30	1.56

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.3	0.4	0.1	0.4	0.3
<b>Lipids</b>						
Fatty acids, total saturated	g	0.201	0.271	0.057	0.251	0.171
Fatty acids, total monounsaturated	g	0.129	0.174	0.037	0.161	0.110
Fatty acids, total polyunsaturated	g	0.258	0.348	0.073	0.323	0.219
Fatty acids, total trans	g	0.014	0.019	0.004	0.018	0.012
Cholesterol	mg	97	131	27	121	82
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0