

Basic Report 15168, Mollusks, oyster, eastern, cooked, breaded and fried

Report Date: September 19, 2019 15:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	6.0 medium 88g
Proximates				
Water	g	64.72	55.01	56.95
Energy	kcal	199	169	175
Protein	g	8.77	7.45	7.72
Total lipid (fat)	g	12.58	10.69	11.07
Carbohydrate, by difference	g	11.62	9.88	10.23
Minerals				
Calcium, Ca	mg	62	53	55
Iron, Fe	mg	6.95	5.91	6.12
Magnesium, Mg	mg	58	49	51
Phosphorus, P	mg	159	135	140
Potassium, K	mg	244	207	215
Sodium, Na	mg	417	354	367
Zinc, Zn	mg	87.13	74.06	76.67
Vitamins				
Vitamin C, total ascorbic acid	mg	3.8	3.2	3.3
Thiamin	mg	0.150	0.128	0.132
Riboflavin	mg	0.202	0.172	0.178
Niacin	mg	1.650	1.403	1.452
Vitamin B-6	mg	0.064	0.054	0.056
Folate, DFE	µg	43	37	38
Vitamin B-12	µg	15.63	13.29	13.75
Vitamin A, RAE	µg	90	76	79
Vitamin A, IU	IU	302	257	266
Lipids				
Fatty acids, total saturated	g	3.197	2.717	2.813
Fatty acids, total monounsaturated	g	4.702	3.997	4.138

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	6.0 medium 88g
Fatty acids, total polyunsaturated	g	3.313	2.816	2.915
Cholesterol	mg	71	60	62

Amino Acids

Other