

Basic Report 15200, Fish, mackerel, king, cooked, dry heat

Report Date: September 22, 2019 22:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Proximates				
Water	g	69.04	58.68	106.32
Energy	kcal	134	114	206
Protein	g	26.00	22.10	40.04
Total lipid (fat)	g	2.56	2.18	3.94
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	40	34	62
Iron, Fe	mg	2.28	1.94	3.51
Magnesium, Mg	mg	41	35	63
Phosphorus, P	mg	318	270	490
Potassium, K	mg	558	474	859
Sodium, Na	mg	203	173	313
Zinc, Zn	mg	0.72	0.61	1.11
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	1.4	2.5
Thiamin	mg	0.115	0.098	0.177
Riboflavin	mg	0.580	0.493	0.893
Niacin	mg	10.462	8.893	16.111
Vitamin B-6	mg	0.510	0.433	0.785
Folate, DFE	µg	9	8	14
Vitamin B-12	µg	18.00	15.30	27.72
Vitamin A, RAE	µg	252	214	388
Vitamin A, IU	IU	839	713	1292
Lipids				
Fatty acids, total saturated	g	0.465	0.395	0.716

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Fatty acids, total monounsaturated	g	0.979	0.832	1.508
Fatty acids, total polyunsaturated	g	0.589	0.501	0.907
Cholesterol	mg	68	58	105
Amino Acids				
Other				