

## Basic Report 15219, Fish, trout, mixed species, cooked, dry heat

Report Date: June 18, 2019 06:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 62g	3.0 oz 85g
<b>Proximates</b>				
Water	g	63.36	39.28	53.86
Energy	kcal	190	118	162
Protein	g	26.63	16.51	22.64
Total lipid (fat)	g	8.47	5.25	7.20
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	55	34	47
Iron, Fe	mg	1.92	1.19	1.63
Magnesium, Mg	mg	28	17	24
Phosphorus, P	mg	314	195	267
Potassium, K	mg	463	287	394
Sodium, Na	mg	67	42	57
Zinc, Zn	mg	0.85	0.53	0.72
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.5	0.3	0.4
Thiamin	mg	0.426	0.264	0.362
Riboflavin	mg	0.423	0.262	0.360
Niacin	mg	5.769	3.577	4.904
Vitamin B-6	mg	0.231	0.143	0.196
Folate, DFE	µg	15	9	13
Vitamin B-12	µg	7.49	4.64	6.37
Vitamin A, RAE	µg	19	12	16
Vitamin A, IU	IU	63	39	54
<b>Lipids</b>				
Fatty acids, total saturated	g	1.474	0.914	1.253

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 62g</b>	<b>3.0 oz 85g</b>
Fatty acids, total monounsaturated	g	4.172	2.587	3.546
Fatty acids, total polyunsaturated	g	1.922	1.192	1.634
Cholesterol	mg	74	46	63
<b>Amino Acids</b>				
<b>Other</b>				