

Full Report (All Nutrients) 15219, Fish, trout, mixed species, cooked, dry heat

Report Date: September 18, 2019 20:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 62g	3.0 oz 85g
Proximates						
Water	g	63.36	--	--	39.28	53.86
Energy	kcal	190	--	--	118	162
Energy	kJ	795	--	--	493	676
Protein	g	26.63	--	--	16.51	22.64
Total lipid (fat)	g	8.47	--	--	5.25	7.20
Ash	g	1.50	--	--	0.93	1.27
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
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
Copper, Cu	mg	0.241	--	--	0.149	0.205
Manganese, Mn	mg	1.091	--	--	0.676	0.927
Selenium, Se	µg	16.2	--	--	10.0	13.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.5	--	--	0.3	0.4
Thiamin	mg	0.426	--	--	0.264	0.362

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 62g	3.0 oz 85g
Riboflavin	mg	0.423	--	--	0.262	0.360
Niacin	mg	5.769	--	--	3.577	4.904
Pantothenic acid	mg	2.238	--	--	1.388	1.902
Vitamin B-6	mg	0.231	--	--	0.143	0.196
Folate, total	µg	15	--	--	9	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	9	13
Folate, DFE	µg	15	--	--	9	13
Vitamin B-12	µg	7.49	--	--	4.64	6.37
Vitamin A, RAE	µg	19	--	--	12	16
Retinol	µg	19	--	--	12	16
Vitamin A, IU	IU	63	--	--	39	54
Lipids						
Fatty acids, total saturated	g	1.474	--	--	0.914	1.253
14:0	g	0.237	--	--	0.147	0.201
16:0	g	1.045	--	--	0.648	0.888
18:0	g	0.190	--	--	0.118	0.161
Fatty acids, total monounsaturated	g	4.172	--	--	2.587	3.546
16:1 undifferentiated	g	0.899	--	--	0.557	0.764
18:1 undifferentiated	g	1.847	--	--	1.145	1.570
20:1	g	0.359	--	--	0.223	0.305
22:1 undifferentiated	g	1.064	--	--	0.660	0.904
Fatty acids, total polyunsaturated	g	1.922	--	--	1.192	1.634
18:2 undifferentiated	g	0.224	--	--	0.139	0.190
18:3 undifferentiated	g	0.199	--	--	0.123	0.169
18:4	g	0.082	--	--	0.051	0.070
20:4 undifferentiated	g	0.242	--	--	0.150	0.206
20:5 n-3 (EPA)	g	0.259	--	--	0.161	0.220
22:5 n-3 (DPA)	g	0.235	--	--	0.146	0.200
22:6 n-3 (DHA)	g	0.677	--	--	0.420	0.575
Cholesterol	mg	74	--	--	46	63
Amino Acids						
Tryptophan	g	0.298	--	--	0.185	0.253

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 62g	3.0 oz 85g
Threonine	g	1.167	--	--	0.724	0.992
Isoleucine	g	1.227	--	--	0.761	1.043
Leucine	g	2.164	--	--	1.342	1.839
Lysine	g	2.446	--	--	1.517	2.079
Methionine	g	0.788	--	--	0.489	0.670
Cystine	g	0.285	--	--	0.177	0.242
Phenylalanine	g	1.040	--	--	0.645	0.884
Tyrosine	g	0.899	--	--	0.557	0.764
Valine	g	1.372	--	--	0.851	1.166
Arginine	g	1.593	--	--	0.988	1.354
Histidine	g	0.784	--	--	0.486	0.666
Alanine	g	1.610	--	--	0.998	1.369
Aspartic acid	g	2.727	--	--	1.691	2.318
Glutamic acid	g	3.975	--	--	2.465	3.379
Glycine	g	1.278	--	--	0.792	1.086
Proline	g	0.942	--	--	0.584	0.801
Serine	g	1.086	--	--	0.673	0.923
Other						