

Basic Report 43134, Vegetarian fillets

Report Date: July 15, 2019 20:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 85g
Proximates			
Water	g	45.00	38.25
Energy	kcal	290	246
Protein	g	23.00	19.55
Total lipid (fat)	g	18.00	15.30
Carbohydrate, by difference	g	9.00	7.65
Fiber, total dietary	g	6.1	5.2
Sugars, total	g	0.80	0.68
Minerals			
Calcium, Ca	mg	95	81
Iron, Fe	mg	2.00	1.70
Magnesium, Mg	mg	23	20
Phosphorus, P	mg	450	382
Potassium, K	mg	600	510
Sodium, Na	mg	490	416
Zinc, Zn	mg	1.40	1.19
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.100	0.935
Riboflavin	mg	0.900	0.765
Niacin	mg	12.000	10.200
Vitamin B-6	mg	1.500	1.275
Folate, DFE	µg	102	87
Vitamin B-12	µg	4.20	3.57
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	3.45	2.93

Nutrient	Unit	1 Value Per100 g	1 fillet 85g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	2.849	2.422
Fatty acids, total monounsaturated	g	4.376	3.720
Fatty acids, total polyunsaturated	g	9.332	7.932
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0