

Basic Report 15001, Fish, anchovy, european, raw

Report Date: September 21, 2019 19:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	73.37	62.36
Energy	kcal	131	111
Protein	g	20.35	17.30
Total lipid (fat)	g	4.84	4.11
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	147	125
Iron, Fe	mg	3.25	2.76
Magnesium, Mg	mg	41	35
Phosphorus, P	mg	174	148
Potassium, K	mg	383	326
Sodium, Na	mg	104	88
Zinc, Zn	mg	1.72	1.46
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.055	0.047
Riboflavin	mg	0.256	0.218
Niacin	mg	14.024	11.920
Vitamin B-6	mg	0.143	0.122
Folate, DFE	µg	9	8
Vitamin B-12	µg	0.62	0.53
Vitamin A, RAE	µg	15	13
Vitamin A, IU	IU	50	42
Vitamin E (alpha-tocopherol)	mg	0.57	0.48

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin K (phylloquinone)	µg	0.1	0.1
Lipids			
Fatty acids, total saturated	g	1.282	1.090
Fatty acids, total monounsaturated	g	1.182	1.005
Fatty acids, total polyunsaturated	g	1.637	1.391
Cholesterol	mg	60	51
Amino Acids			
Other			
Caffeine	mg	0	0