

Basic Report 15006, Fish, burbot, raw

Report Date: September 25, 2017 23:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 116g	3.0 oz 85g
Proximates				
Water	g	79.26	91.94	67.37
Energy	kcal	90	104	76
Protein	g	19.31	22.40	16.41
Total lipid (fat)	g	0.81	0.94	0.69
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	50	58	42
Iron, Fe	mg	0.90	1.04	0.77
Magnesium, Mg	mg	32	37	27
Phosphorus, P	mg	200	232	170
Potassium, K	mg	404	469	343
Sodium, Na	mg	97	113	82
Zinc, Zn	mg	0.76	0.88	0.65
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.372	0.432	0.316
Riboflavin	mg	0.141	0.164	0.120
Niacin	mg	1.620	1.879	1.377
Vitamin B-6	mg	0.300	0.348	0.255
Folate, DFE	µg	1	1	1
Vitamin B-12	µg	0.80	0.93	0.68
Vitamin A, RAE	µg	5	6	4
Vitamin A, IU	IU	15	17	13
Lipids				
Fatty acids, total saturated	g	0.163	0.189	0.139

Nutrient	Unit	1 Value Per100 g	1 fillet 116g	3.0 oz 85g
Fatty acids, total monounsaturated	g	0.133	0.154	0.113
Fatty acids, total polyunsaturated	g	0.297	0.345	0.252
Cholesterol	mg	60	70	51
Amino Acids				
Other				