

## Basic Report 15006, Fish, burbot, raw

Report Date: May 28, 2017 21:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 116g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.163	0.189	0.139

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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
<b>Amino Acids</b>				
<b>Other</b>				