

Basic Report 15009, Fish, carp, cooked, dry heat

Report Date: March 19, 2018 08:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 170g
Proximates				
Water	g	69.63	59.19	118.37
Energy	kcal	162	138	275
Protein	g	22.86	19.43	38.86
Total lipid (fat)	g	7.17	6.09	12.19
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	52	44	88
Iron, Fe	mg	1.59	1.35	2.70
Magnesium, Mg	mg	38	32	65
Phosphorus, P	mg	531	451	903
Potassium, K	mg	427	363	726
Sodium, Na	mg	63	54	107
Zinc, Zn	mg	1.90	1.61	3.23
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	1.4	2.7
Thiamin	mg	0.140	0.119	0.238
Riboflavin	mg	0.070	0.060	0.119
Niacin	mg	2.100	1.785	3.570
Vitamin B-6	mg	0.219	0.186	0.372
Folate, DFE	µg	17	14	29
Vitamin B-12	µg	1.47	1.25	2.50
Vitamin A, RAE	µg	10	8	17
Vitamin A, IU	IU	32	27	54
Lipids				
Fatty acids, total saturated	g	1.388	1.180	2.360

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 170g
Fatty acids, total monounsaturated	g	2.985	2.537	5.074
Fatty acids, total polyunsaturated	g	1.835	1.560	3.119
Cholesterol	mg	84	71	143
Amino Acids				
Other				