

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

Report Date: October 21, 2017 06:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 170g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	1.388	1.180	2.360

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>1 fillet 170g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				