

Basic Report 15012, Fish, caviar, black and red, granular

Report Date: June 26, 2019 06:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g
Proximates				
Water	g	47.50	7.60	13.47
Energy	kcal	264	42	75
Protein	g	24.60	3.94	6.97
Total lipid (fat)	g	17.90	2.86	5.07
Carbohydrate, by difference	g	4.00	0.64	1.13
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	275	44	78
Iron, Fe	mg	11.88	1.90	3.37
Magnesium, Mg	mg	300	48	85
Phosphorus, P	mg	356	57	101
Potassium, K	mg	181	29	51
Sodium, Na	mg	1500	240	425
Zinc, Zn	mg	0.95	0.15	0.27
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.190	0.030	0.054
Riboflavin	mg	0.620	0.099	0.176
Niacin	mg	0.120	0.019	0.034
Vitamin B-6	mg	0.320	0.051	0.091
Folate, DFE	µg	50	8	14
Vitamin B-12	µg	20.00	3.20	5.67
Vitamin A, RAE	µg	271	43	77
Vitamin A, IU	IU	905	145	257
Vitamin E (alpha-tocopherol)	mg	1.89	0.30	0.54

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Vitamin D (D2 + D3)	µg	2.9	0.5	0.8
Vitamin D	IU	117	19	33
Vitamin K (phylloquinone)	µg	0.6	0.1	0.2
Lipids				
Fatty acids, total saturated	g	4.060	0.650	1.151
Fatty acids, total monounsaturated	g	4.631	0.741	1.313
Fatty acids, total polyunsaturated	g	7.405	1.185	2.099
Cholesterol	mg	588	94	167
Amino Acids				
Other				
Caffeine	mg	0	0	0