

Full Report (All Nutrients) 15012, Fish, caviar, black and red, granular

Report Date: July 17, 2019 23:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:3.57 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g
Proximates						
Water	g	47.50	6	--	7.60	13.47
Energy	kcal	264	--	--	42	75
Energy	kJ	1105	--	--	177	313
Protein	g	24.60	6	--	3.94	6.97
Total lipid (fat)	g	17.90	6	--	2.86	5.07
Ash	g	6.50	2	--	1.04	1.84
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
Copper, Cu	mg	0.110	--	--	0.018	0.031
Manganese, Mn	mg	0.050	--	--	0.008	0.014
Selenium, Se	µg	65.5	--	--	10.5	18.6
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g
Thiamin	mg	0.190	--	--	0.030	0.054
Riboflavin	mg	0.620	--	--	0.099	0.176
Niacin	mg	0.120	--	--	0.019	0.034
Pantothenic acid	mg	3.500	--	--	0.560	0.992
Vitamin B-6	mg	0.320	--	--	0.051	0.091
Folate, total	µg	50	--	--	8	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	50	--	--	8	14
Folate, DFE	µg	50	--	--	8	14
Choline, total	mg	490.9	--	--	78.5	139.2
Vitamin B-12	µg	20.00	--	--	3.20	5.67
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	271	--	--	43	77
Retinol	µg	271	--	--	43	77
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	905	--	--	145	257
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	648	--	--	104	184
Vitamin E (alpha-tocopherol)	mg	1.89	--	--	0.30	0.54
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	2.9	--	--	0.5	0.8
Vitamin D3 (cholecalciferol)	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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g
14:0	g	0.212	--	--	0.034	0.060
16:0	g	3.555	--	--	0.569	1.008
18:0	g	0.293	--	--	0.047	0.083
Fatty acids, total monounsaturated	g	4.631	--	--	0.741	1.313
16:1 undifferentiated	g	1.043	--	--	0.167	0.296
18:1 undifferentiated	g	3.165	--	--	0.506	0.897
20:1	g	0.309	--	--	0.049	0.088
22:1 undifferentiated	g	0.114	--	--	0.018	0.032
Fatty acids, total polyunsaturated	g	7.405	--	--	1.185	2.099
18:2 undifferentiated	g	0.081	--	--	0.013	0.023
18:3 undifferentiated	g	0.017	--	--	0.003	0.005
18:4	g	0.033	--	--	0.005	0.009
20:4 undifferentiated	g	0.505	--	--	0.081	0.143
20:5 n-3 (EPA)	g	2.741	--	--	0.439	0.777
22:5 n-3 (DPA)	g	0.229	--	--	0.037	0.065
22:6 n-3 (DHA)	g	3.800	--	--	0.608	1.077
Cholesterol	mg	588	--	--	94	167
Amino Acids						
Tryptophan	g	0.323	--	--	0.052	0.092
Threonine	g	1.263	6	--	0.202	0.358
Isoleucine	g	1.035	6	--	0.166	0.293
Leucine	g	2.133	6	--	0.341	0.605
Lysine	g	1.834	6	--	0.293	0.520
Methionine	g	0.646	6	--	0.103	0.183
Cystine	g	0.449	6	--	0.072	0.127
Phenylalanine	g	1.071	6	--	0.171	0.304
Tyrosine	g	0.968	6	--	0.155	0.274
Valine	g	1.263	6	--	0.202	0.358
Arginine	g	1.590	6	--	0.254	0.451
Histidine	g	0.649	6	--	0.104	0.184
Alanine	g	1.653	6	--	0.264	0.469
Aspartic acid	g	2.385	6	--	0.382	0.676
Glutamic acid	g	3.633	6	--	0.581	1.030

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 16g	1 oz 28.35g
Glycine	g	0.740	6	--	0.118	0.210
Proline	g	1.200	6	--	0.192	0.340
Serine	g	1.897	6	--	0.304	0.538
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0