

Basic Report 15013, Fish, cisco, raw

Report Date: June 16, 2019 05:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 79g	3.0 oz 85g
Proximates				
Water	g	78.93	62.35	67.09
Energy	kcal	98	77	83
Protein	g	18.99	15.00	16.14
Total lipid (fat)	g	1.91	1.51	1.62
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	12	9	10
Iron, Fe	mg	0.40	0.32	0.34
Magnesium, Mg	mg	17	13	14
Phosphorus, P	mg	152	120	129
Potassium, K	mg	354	280	301
Sodium, Na	mg	55	43	47
Zinc, Zn	mg	0.37	0.29	0.31
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.088	0.070	0.075
Riboflavin	mg	0.100	0.079	0.085
Niacin	mg	2.510	1.983	2.133
Vitamin B-6	mg	0.300	0.237	0.255
Folate, DFE	µg	15	12	13
Vitamin B-12	µg	1.00	0.79	0.85
Vitamin A, RAE	µg	30	24	26
Vitamin A, IU	IU	100	79	85
Lipids				
Fatty acids, total saturated	g	0.421	0.333	0.358

Nutrient	Unit	1 Value Per100 g	1 fillet 79g	3.0 oz 85g
Fatty acids, total monounsaturated	g	0.469	0.371	0.399
Fatty acids, total polyunsaturated	g	0.613	0.484	0.521
Cholesterol	mg	50	40	42

Amino Acids

Other