

## Basic Report 15013, Fish, cisco, raw

Report Date: August 20, 2019 21:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 79g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.421	0.333	0.358

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 79g</b>	<b>3.0 oz 85g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				