

Statistics Report 15013, Fish, cisco, raw
Report Date: July 19, 2019 16:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	78.93	68	0.310	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	98	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	410	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	18.99	68	0.220	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.91	69	0.140	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.20	70	0.030	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	0.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	152	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987

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Potassium, K	mg	354	18	8.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	55	18	1.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.37	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.072	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Manganese, Mn	mg	0.067	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	12.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.088	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.100	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	2.510	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.750	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.300	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	15	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	15	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	15	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987

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Vitamin A, RAE	µg	30	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	30	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	100	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.421	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1996
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1996
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1996
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1996
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1996
14:0	g	0.088	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.285	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.048	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.469	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.114	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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18:1 undifferentiated	g	0.291	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.019	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.045	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.613	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.069	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.055	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.029	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.055	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.095	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.053	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.257	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	50	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.213	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Threonine	g	0.832	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.875	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.543	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.744	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.562	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.204	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.741	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.641	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.978	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.136	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.559	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.148	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.944	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Glutamic acid	g	2.834	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.911	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.671	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.775	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/1996