

Basic Report 15019, Fish, cod, Pacific, raw (may have been previously frozen)

Report Date: February 19, 2018 05:03 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 116g	3.0 oz 85g
Proximates				
Water	g	83.95	97.38	71.36
Energy	kcal	69	80	59
Protein	g	15.27	17.71	12.98
Total lipid (fat)	g	0.41	0.48	0.35
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	8	9	7
Iron, Fe	mg	0.16	0.19	0.14
Magnesium, Mg	mg	20	23	17
Phosphorus, P	mg	281	326	239
Potassium, K	mg	235	273	200
Sodium, Na ^a	mg	303	351	258
Zinc, Zn	mg	0.31	0.36	0.26
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.033	0.038	0.028
Riboflavin	mg	0.045	0.052	0.038
Niacin	mg	1.095	1.270	0.931
Vitamin B-6	mg	0.117	0.136	0.099
Folate, DFE	µg	7	8	6
Vitamin B-12	µg	1.98	2.30	1.68
Vitamin A, RAE	µg	2	2	2
Vitamin A, IU	IU	6	7	5
Vitamin E (alpha-tocopherol)	mg	0.54	0.63	0.46

Nutrient	Unit	1 Value Per100 g	1 fillet 116g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.5	0.6	0.4
Vitamin D	IU	20	23	17
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.085	0.099	0.072
Fatty acids, total monounsaturated	g	0.073	0.085	0.062
Fatty acids, total polyunsaturated	g	0.164	0.190	0.139
Fatty acids, total trans	g	0.005	0.006	0.004
Cholesterol	mg	47	55	40
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 109 mg sodium/100g.