

Basic Report 15021, Fish, croaker, Atlantic, cooked, breaded and fried

Report Date: September 19, 2019 15:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 87g	3.0 oz 85g
Proximates				
Water	g	59.76	51.99	50.80
Energy	kcal	221	192	188
Protein	g	18.20	15.83	15.47
Total lipid (fat)	g	12.67	11.02	10.77
Carbohydrate, by difference	g	7.54	6.56	6.41
Fiber, total dietary	g	0.4	0.3	0.3
Minerals				
Calcium, Ca	mg	32	28	27
Iron, Fe	mg	0.86	0.75	0.73
Magnesium, Mg	mg	42	37	36
Phosphorus, P	mg	217	189	184
Potassium, K	mg	340	296	289
Sodium, Na	mg	348	303	296
Zinc, Zn	mg	0.52	0.45	0.44
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.090	0.078	0.076
Riboflavin	mg	0.130	0.113	0.111
Niacin	mg	4.300	3.741	3.655
Vitamin B-6	mg	0.260	0.226	0.221
Folate, DFE	µg	45	39	38
Vitamin B-12	µg	2.10	1.83	1.78
Vitamin A, RAE	µg	23	20	20
Vitamin A, IU	IU	75	65	64
Lipids				
Fatty acids, total saturated	g	3.476	3.024	2.955

Nutrient	Unit	1 Value Per100 g	1 fillet 87g	3.0 oz 85g
Fatty acids, total monounsaturated	g	5.320	4.628	4.522
Fatty acids, total polyunsaturated	g	2.917	2.538	2.479
Cholesterol	mg	84	73	71
Amino Acids				
Other				