

## Basic Report 15027, Fish, fish sticks, frozen, prepared

Report Date: October 22, 2017 00:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece (4" x 2" x 1/2") 57g	1 stick (4" x 1" x 1/2") 28g
<b>Proximates</b>				
Water	g	49.50	28.21	13.86
Energy	kcal	277	158	78
Protein	g	11.01	6.28	3.08
Total lipid (fat)	g	16.23	9.25	4.54
Carbohydrate, by difference	g	21.66	12.35	6.06
Fiber, total dietary	g	1.5	0.9	0.4
Sugars, total	g	1.65	0.94	0.46
<b>Minerals</b>				
Calcium, Ca	mg	16	9	4
Iron, Fe	mg	0.84	0.48	0.24
Magnesium, Mg	mg	25	14	7
Phosphorus, P	mg	191	109	53
Potassium, K	mg	185	105	52
Sodium, Na	mg	402	229	113
Zinc, Zn	mg	0.42	0.24	0.12
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.122	0.070	0.034
Riboflavin	mg	0.116	0.066	0.032
Niacin	mg	1.536	0.876	0.430
Vitamin B-6	mg	0.078	0.044	0.022
Folate, DFE	µg	24	14	7
Vitamin B-12	µg	0.96	0.55	0.27
Vitamin A, RAE	µg	4	2	1
Vitamin A, IU	IU	18	10	5
Vitamin E (alpha-tocopherol)	mg	6.88	3.92	1.93

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	1	1	0
Vitamin K (phylloquinone)	µg	4.7	2.7	1.3
<b>Lipids</b>				
Fatty acids, total saturated	g	3.733	2.128	1.045
Fatty acids, total monounsaturated	g	3.193	1.820	0.894
Fatty acids, total polyunsaturated	g	7.824	4.460	2.191
Fatty acids, total trans	g	0.124	0.071	0.035
Cholesterol	mg	28	16	8
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0