

Basic Report 15027, Fish, fish sticks, frozen, prepared
Report Date: July 15, 2019 20:28 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0