

Basic Report 15028, Fish, flatfish (flounder and sole species), raw

Report Date: July 19, 2019 16:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	1 fillet 163g	3.0 oz 85g
Proximates					
Water	g	84.63	23.99	137.95	71.94
Energy	kcal	70	20	114	60
Protein	g	12.41	3.52	20.23	10.55
Total lipid (fat)	g	1.93	0.55	3.15	1.64
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	21	6	34	18
Iron, Fe	mg	0.18	0.05	0.29	0.15
Magnesium, Mg	mg	18	5	29	15
Phosphorus, P	mg	252	71	411	214
Potassium, K	mg	160	45	261	136
Sodium, Na ^a	mg	296	84	482	252
Zinc, Zn	mg	0.32	0.09	0.52	0.27
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.022	0.006	0.036	0.019
Riboflavin	mg	0.020	0.006	0.033	0.017
Niacin	mg	1.040	0.295	1.695	0.884
Vitamin B-6	mg	0.098	0.028	0.160	0.083
Folate, DFE	µg	5	1	8	4
Vitamin B-12	µg	1.13	0.32	1.84	0.96
Vitamin A, RAE	µg	10	3	16	8
Vitamin A, IU	IU	33	9	54	28
Vitamin E (alpha-tocopherol)	mg	0.63	0.18	1.03	0.54

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Vitamin D (D2 + D3)	µg	2.8	0.8	4.6	2.4
Vitamin D	IU	113	32	184	96
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2	0.1
Lipids					
Fatty acids, total saturated	g	0.441	0.125	0.719	0.375
Fatty acids, total monounsaturated	g	0.535	0.152	0.872	0.455
Fatty acids, total polyunsaturated	g	0.374	0.106	0.610	0.318
Fatty acids, total trans	g	0.011	0.003	0.018	0.009
Cholesterol	mg	45	13	73	38
Amino Acids					
Other					
Caffeine	mg	0	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 = 81 mg sodium/100g.