

Basic Report 15039, Fish, herring, Atlantic, raw

Report Date: June 15, 2019 23:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	1 fillet 184g	3.0 oz 85g
Proximates					
Water	g	72.05	20.43	132.57	61.24
Energy	kcal	158	45	291	134
Protein	g	17.96	5.09	33.05	15.27
Total lipid (fat)	g	9.04	2.56	16.63	7.68
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	57	16	105	48
Iron, Fe	mg	1.10	0.31	2.02	0.94
Magnesium, Mg	mg	32	9	59	27
Phosphorus, P	mg	236	67	434	201
Potassium, K	mg	327	93	602	278
Sodium, Na	mg	90	26	166	76
Zinc, Zn	mg	0.99	0.28	1.82	0.84
Vitamins					
Vitamin C, total ascorbic acid	mg	0.7	0.2	1.3	0.6
Thiamin	mg	0.092	0.026	0.169	0.078
Riboflavin	mg	0.233	0.066	0.429	0.198
Niacin	mg	3.217	0.912	5.919	2.734
Vitamin B-6	mg	0.302	0.086	0.556	0.257
Folate, DFE	µg	10	3	18	8
Vitamin B-12	µg	13.67	3.88	25.15	11.62
Vitamin A, RAE	µg	28	8	52	24
Vitamin A, IU	IU	93	26	171	79
Vitamin E (alpha-tocopherol)	mg	1.07	0.30	1.97	0.91

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Vitamin D (D2 + D3)	µg	4.2	1.2	7.7	3.6
Vitamin D	IU	167	47	307	142
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2	0.1
Lipids					
Fatty acids, total saturated	g	2.040	0.578	3.754	1.734
Fatty acids, total monounsaturated	g	3.736	1.059	6.874	3.176
Fatty acids, total polyunsaturated	g	2.133	0.605	3.925	1.813
Cholesterol	mg	60	17	110	51
Amino Acids					
Other					
Caffeine	mg	0	0	0	0