

Full Report (All Nutrients) 15039, Fish, herring, Atlantic, raw

Report Date: July 20, 2019 05:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	1 fillet 184g	3.0 oz 85g
Proximates							
Water	g	72.05	138	0.490	20.43	132.57	61.24
Energy	kcal	158	--	--	45	291	134
Energy	kJ	661	--	--	187	1216	562
Protein	g	17.96	59	0.230	5.09	33.05	15.27
Total lipid (fat)	g	9.04	2524	0.090	2.56	16.63	7.68
Ash	g	1.46	28	0.030	0.41	2.69	1.24
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	3	16.000	16	105	48
Iron, Fe	mg	1.10	1	--	0.31	2.02	0.94
Magnesium, Mg	mg	32	1	--	9	59	27
Phosphorus, P	mg	236	4	33.000	67	434	201
Potassium, K	mg	327	5	50.000	93	602	278
Sodium, Na	mg	90	7	4.000	26	166	76
Zinc, Zn	mg	0.99	56	0.070	0.28	1.82	0.84
Copper, Cu	mg	0.092	48	0.006	0.026	0.169	0.078
Manganese, Mn	mg	0.035	--	--	0.010	0.064	0.030
Selenium, Se	µg	36.5	--	--	10.3	67.2	31.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.7	2	--	0.2	1.3	0.6

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Thiamin	mg	0.092	43	0.007	0.026	0.169	0.078
Riboflavin	mg	0.233	32	0.031	0.066	0.429	0.198
Niacin	mg	3.217	34	0.166	0.912	5.919	2.734
Pantothenic acid	mg	0.645	12	0.098	0.183	1.187	0.548
Vitamin B-6	mg	0.302	17	0.022	0.086	0.556	0.257
Folate, total	µg	10	--	--	3	18	8
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	10	--	--	3	18	8
Folate, DFE	µg	10	--	--	3	18	8
Choline, total	mg	65.0	--	--	18.4	119.6	55.2
Vitamin B-12	µg	13.67	6	0.550	3.88	25.15	11.62
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	28	--	--	8	52	24
Retinol	µg	28	--	--	8	52	24
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	93	--	--	26	171	79
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.07	--	--	0.30	1.97	0.91
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	4.2	--	--	1.2	7.7	3.6
Vitamin D3 (cholecalciferol)	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
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.005	12	0.000	0.001	0.009	0.004
12:0	g	0.012	20	0.001	0.003	0.022	0.010

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14:0	g	0.554	24	0.021	0.157	1.019	0.471
16:0	g	1.353	24	0.048	0.384	2.490	1.150
18:0	g	0.109	24	0.008	0.031	0.201	0.093
Fatty acids, total monounsaturated	g	3.736	--	--	1.059	6.874	3.176
16:1 undifferentiated	g	0.622	24	0.029	0.176	1.144	0.529
18:1 undifferentiated	g	1.516	24	0.090	0.430	2.789	1.289
20:1	g	0.721	24	0.056	0.204	1.327	0.613
22:1 undifferentiated	g	0.840	24	0.090	0.238	1.546	0.714
Fatty acids, total polyunsaturated	g	2.133	--	--	0.605	3.925	1.813
18:2 undifferentiated	g	0.130	22	0.005	0.037	0.239	0.111
18:3 undifferentiated	g	0.103	20	0.008	0.029	0.190	0.088
18:4	g	0.214	21	0.026	0.061	0.394	0.182
20:4 undifferentiated	g	0.060	21	0.004	0.017	0.110	0.051
20:5 n-3 (EPA)	g	0.709	24	0.028	0.201	1.305	0.603
22:5 n-3 (DPA)	g	0.055	22	0.009	0.016	0.101	0.047
22:6 n-3 (DHA)	g	0.862	24	0.057	0.244	1.586	0.733
Cholesterol	mg	60	20	1.000	17	110	51
Amino Acids							
Tryptophan	g	0.201	--	--	0.057	0.370	0.171
Threonine	g	0.787	--	--	0.223	1.448	0.669
Isoleucine	g	0.828	--	--	0.235	1.524	0.704
Leucine	g	1.460	--	--	0.414	2.686	1.241
Lysine	g	1.650	--	--	0.468	3.036	1.403
Methionine	g	0.532	--	--	0.151	0.979	0.452
Cystine	g	0.193	--	--	0.055	0.355	0.164
Phenylalanine	g	0.701	--	--	0.199	1.290	0.596
Tyrosine	g	0.606	--	--	0.172	1.115	0.515
Valine	g	0.925	--	--	0.262	1.702	0.786
Arginine	g	1.075	--	--	0.305	1.978	0.914
Histidine	g	0.529	--	--	0.150	0.973	0.450
Alanine	g	1.086	--	--	0.308	1.998	0.923
Aspartic acid	g	1.839	--	--	0.521	3.384	1.563
Glutamic acid	g	2.681	--	--	0.760	4.933	2.279

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Glycine	g	0.862	--	--	0.244	1.586	0.733
Proline	g	0.635	--	--	0.180	1.168	0.540
Serine	g	0.733	--	--	0.208	1.349	0.623
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0