

Basic Report 15043, Fish, herring, Pacific, raw

Report Date: July 19, 2019 19:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 184g
Proximates				
Water	g	71.52	60.79	131.60
Energy	kcal	195	166	359
Protein	g	16.39	13.93	30.16
Total lipid (fat)	g	13.88	11.80	25.54
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	83	71	153
Iron, Fe	mg	1.12	0.95	2.06
Magnesium, Mg	mg	32	27	59
Phosphorus, P	mg	228	194	420
Potassium, K	mg	423	360	778
Sodium, Na	mg	74	63	136
Zinc, Zn	mg	0.53	0.45	0.98
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.051	0.110
Riboflavin	mg	0.200	0.170	0.368
Niacin	mg	2.200	1.870	4.048
Vitamin B-6	mg	0.450	0.383	0.828
Folate, DFE	µg	5	4	9
Vitamin B-12	µg	10.00	8.50	18.40
Vitamin A, RAE	µg	32	27	59
Vitamin A, IU	IU	106	90	195
Lipids				
Fatty acids, total saturated	g	3.257	2.768	5.993

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 184g
Fatty acids, total monounsaturated	g	6.872	5.841	12.644
Fatty acids, total polyunsaturated	g	2.423	2.060	4.458
Cholesterol	mg	77	65	142
Amino Acids				
Other				