

Basic Report 15046, Fish, mackerel, Atlantic, raw

Report Date: August 23, 2019 10:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 112g	3.0 oz 85g
Proximates				
Water	g	63.55	71.18	54.02
Energy	kcal	205	230	174
Protein	g	18.60	20.83	15.81
Total lipid (fat)	g	13.89	15.56	11.81
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	12	13	10
Iron, Fe	mg	1.63	1.83	1.39
Magnesium, Mg	mg	76	85	65
Phosphorus, P	mg	217	243	184
Potassium, K	mg	314	352	267
Sodium, Na	mg	90	101	76
Zinc, Zn	mg	0.63	0.71	0.54
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	0.4	0.3
Thiamin	mg	0.176	0.197	0.150
Riboflavin	mg	0.312	0.349	0.265
Niacin	mg	9.080	10.170	7.718
Vitamin B-6	mg	0.399	0.447	0.339
Folate, DFE	µg	1	1	1
Vitamin B-12	µg	8.71	9.76	7.40
Vitamin A, RAE	µg	50	56	42
Vitamin A, IU	IU	167	187	142
Vitamin E (alpha-tocopherol)	mg	1.52	1.70	1.29

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Vitamin D (D2 + D3)	µg	16.1	18.0	13.7
Vitamin D	IU	643	720	547
Vitamin K (phylloquinone)	µg	5.0	5.6	4.2
Lipids				
Fatty acids, total saturated	g	3.257	3.648	2.768
Fatty acids, total monounsaturated	g	5.456	6.111	4.638
Fatty acids, total polyunsaturated	g	3.350	3.752	2.848
Cholesterol	mg	70	78	60
Amino Acids				
Other				
Caffeine	mg	0	0	0