

## Basic Report 15047, Fish, mackerel, Atlantic, cooked, dry heat

Report Date: July 20, 2019 22:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 88g	3.0 oz 85g
<b>Proximates</b>				
Water	g	53.27	46.88	45.28
Energy	kcal	262	231	223
Protein	g	23.85	20.99	20.27
Total lipid (fat)	g	17.81	15.67	15.14
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	15	13	13
Iron, Fe	mg	1.57	1.38	1.33
Magnesium, Mg	mg	97	85	82
Phosphorus, P	mg	278	245	236
Potassium, K	mg	401	353	341
Sodium, Na	mg	83	73	71
Zinc, Zn	mg	0.94	0.83	0.80
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.4	0.4	0.3
Thiamin	mg	0.159	0.140	0.135
Riboflavin	mg	0.412	0.363	0.350
Niacin	mg	6.850	6.028	5.822
Vitamin B-6	mg	0.460	0.405	0.391
Folate, DFE	µg	2	2	2
Vitamin B-12	µg	19.00	16.72	16.15
Vitamin A, RAE	µg	54	48	46
Vitamin A, IU	IU	180	158	153
<b>Lipids</b>				
Fatty acids, total saturated	g	4.176	3.675	3.550

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Fatty acids, total monounsaturated	g	7.006	6.165	5.955
Fatty acids, total polyunsaturated	g	4.300	3.784	3.655
Cholesterol	mg	75	66	64
<b>Amino Acids</b>				
<b>Other</b>				