

Basic Report 15049, Fish, mackerel, king, raw

Report Date: July 15, 2019 20:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
Proximates				
Water	g	75.85	64.47	150.18
Energy	kcal	105	89	208
Protein	g	20.28	17.24	40.15
Total lipid (fat)	g	2.00	1.70	3.96
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	31	26	61
Iron, Fe	mg	1.78	1.51	3.52
Magnesium, Mg	mg	32	27	63
Phosphorus, P	mg	248	211	491
Potassium, K	mg	435	370	861
Sodium, Na	mg	158	134	313
Zinc, Zn	mg	0.56	0.48	1.11
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	1.4	3.2
Thiamin	mg	0.100	0.085	0.198
Riboflavin	mg	0.476	0.405	0.942
Niacin	mg	8.590	7.301	17.008
Vitamin B-6	mg	0.442	0.376	0.875
Folate, DFE	µg	8	7	16
Vitamin B-12	µg	15.60	13.26	30.89
Vitamin A, RAE	µg	218	185	432
Vitamin A, IU	IU	727	618	1439
Lipids				
Fatty acids, total saturated	g	0.363	0.309	0.719

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
Fatty acids, total monounsaturated	g	0.764	0.649	1.513
Fatty acids, total polyunsaturated	g	0.460	0.391	0.911
Cholesterol	mg	53	45	105
Amino Acids				
Other				