

Basic Report 15051, Fish, mackerel, spanish, raw

Report Date: July 22, 2019 00:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 187g
Proximates				
Water	g	71.67	60.92	134.02
Energy	kcal	139	118	260
Protein	g	19.29	16.40	36.07
Total lipid (fat)	g	6.30	5.36	11.78
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	11	9	21
Iron, Fe	mg	0.44	0.37	0.82
Magnesium, Mg	mg	33	28	62
Phosphorus, P	mg	205	174	383
Potassium, K	mg	446	379	834
Sodium, Na	mg	59	50	110
Zinc, Zn	mg	0.49	0.42	0.92
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	1.4	3.0
Thiamin	mg	0.130	0.111	0.243
Riboflavin	mg	0.170	0.145	0.318
Niacin	mg	2.300	1.955	4.301
Vitamin B-6	mg	0.400	0.340	0.748
Folate, DFE	µg	1	1	2
Vitamin B-12	µg	2.40	2.04	4.49
Vitamin A, RAE	µg	39	33	73
Vitamin A, IU	IU	130	110	243
Vitamin E (alpha-tocopherol)	mg	0.69	0.59	1.29

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Vitamin D (D2 + D3)	µg	7.3	6.2	13.7
Vitamin D	IU	292	248	546
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	1.828	1.554	3.418
Fatty acids, total monounsaturated	g	1.530	1.301	2.861
Fatty acids, total polyunsaturated	g	1.739	1.478	3.252
Cholesterol	mg	76	65	142
Amino Acids				
Other				
Caffeine	mg	0	0	0