

Basic Report 15052, Fish, mackerel, spanish, cooked, dry heat

Report Date: June 26, 2017 20:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 146g	3.0 oz 85g
Proximates				
Water	g	68.46	99.95	58.19
Energy	kcal	158	231	134
Protein	g	23.59	34.44	20.05
Total lipid (fat)	g	6.32	9.23	5.37
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	13	19	11
Iron, Fe	mg	0.74	1.08	0.63
Magnesium, Mg	mg	38	55	32
Phosphorus, P	mg	271	396	230
Potassium, K	mg	554	809	471
Sodium, Na	mg	66	96	56
Zinc, Zn	mg	0.62	0.91	0.53
Vitamins				
Vitamin C, total ascorbic acid	mg	1.6	2.3	1.4
Thiamin	mg	0.130	0.190	0.111
Riboflavin	mg	0.210	0.307	0.178
Niacin	mg	5.000	7.300	4.250
Vitamin B-6	mg	0.460	0.672	0.391
Folate, DFE	µg	1	1	1
Vitamin B-12	µg	7.00	10.22	5.95
Vitamin A, RAE	µg	33	48	28
Vitamin A, IU	IU	109	159	93
Lipids				
Fatty acids, total saturated	g	1.801	2.629	1.531

Nutrient	Unit	1 Value Per100 g	1 fillet 146g	3.0 oz 85g
Fatty acids, total monounsaturated	g	2.139	3.123	1.818
Fatty acids, total polyunsaturated	g	1.805	2.635	1.534
Cholesterol	mg	73	107	62
Amino Acids				
Other				