

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

Report Date: November 21, 2017 08:54 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 146g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	1.801	2.629	1.531

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 146g</b>	<b>3.0 oz 85g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				