

Basic Report 15058, Fish, ocean perch, Atlantic, cooked, dry heat

Report Date: February 25, 2018 12:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 50g	3.0 oz 85g
Proximates				
Water	g	74.24	37.12	63.10
Energy	kcal	96	48	82
Protein	g	18.51	9.26	15.73
Total lipid (fat)	g	1.87	0.94	1.59
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	34	17	29
Iron, Fe	mg	0.27	0.14	0.23
Magnesium, Mg	mg	27	14	23
Phosphorus, P	mg	300	150	255
Potassium, K	mg	226	113	192
Sodium, Na ^a	mg	347	174	295
Zinc, Zn	mg	0.35	0.17	0.30
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.046	0.023	0.039
Riboflavin	mg	0.057	0.029	0.048
Niacin	mg	1.215	0.608	1.033
Vitamin B-6	mg	0.084	0.042	0.071
Folate, DFE	µg	10	5	8
Vitamin B-12	µg	1.72	0.86	1.46
Vitamin A, RAE	µg	15	8	13
Vitamin A, IU	IU	44	22	37
Vitamin E (alpha-tocopherol)	mg	0.91	0.46	0.77

Nutrient	Unit	1 Value Per100 g	1 fillet 50g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	1.4	0.7	1.2
Vitamin D	IU	58	29	49
Vitamin K (phylloquinone)	µg	0.1	0.1	0.1
Lipids				
Fatty acids, total saturated	g	0.330	0.165	0.281
Fatty acids, total monounsaturated	g	0.575	0.287	0.489
Fatty acids, total polyunsaturated	g	0.368	0.184	0.313
Fatty acids, total trans	g	0.011	0.005	0.009
Cholesterol	mg	63	32	54
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 96 mg sodium/100g.