

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

Report Date: July 27, 2017 14:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 50g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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 <sup>a</sup>	mg	347	174	295
Zinc, Zn	mg	0.35	0.17	0.30
<b>Vitamins</b>				
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

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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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> 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.