

## Basic Report 15061, Fish, perch, mixed species, cooked, dry heat

Report Date: June 19, 2019 21:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 46g	3.0 oz 85g
<b>Proximates</b>				
Water	g	73.25	33.70	62.26
Energy	kcal	117	54	99
Protein	g	24.86	11.44	21.13
Total lipid (fat)	g	1.18	0.54	1.00
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	102	47	87
Iron, Fe	mg	1.16	0.53	0.99
Magnesium, Mg	mg	38	17	32
Phosphorus, P	mg	257	118	218
Potassium, K	mg	344	158	292
Sodium, Na	mg	79	36	67
Zinc, Zn	mg	1.43	0.66	1.22
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.7	0.8	1.4
Thiamin	mg	0.080	0.037	0.068
Riboflavin	mg	0.120	0.055	0.102
Niacin	mg	1.900	0.874	1.615
Vitamin B-6	mg	0.140	0.064	0.119
Folate, DFE	µg	6	3	5
Vitamin B-12	µg	2.20	1.01	1.87
Vitamin A, RAE	µg	10	5	8
Vitamin A, IU	IU	32	15	27
<b>Lipids</b>				
Fatty acids, total saturated	g	0.237	0.109	0.201

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 46g</b>	<b>3.0 oz 85g</b>
Fatty acids, total monounsaturated	g	0.195	0.090	0.166
Fatty acids, total polyunsaturated	g	0.472	0.217	0.401
Cholesterol	mg	115	53	98
<b>Amino Acids</b>				
<b>Other</b>				