

## Basic Report 15065, Fish, pollock, Atlantic, raw

Report Date: October 23, 2017 03:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 193g
<b>Proximates</b>				
Water	g	78.18	66.45	150.89
Energy	kcal	92	78	178
Protein	g	19.44	16.52	37.52
Total lipid (fat)	g	0.98	0.83	1.89
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	60	51	116
Iron, Fe	mg	0.46	0.39	0.89
Magnesium, Mg	mg	67	57	129
Phosphorus, P	mg	221	188	427
Potassium, K	mg	356	303	687
Sodium, Na	mg	86	73	166
Zinc, Zn	mg	0.47	0.40	0.91
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.047	0.040	0.091
Riboflavin	mg	0.185	0.157	0.357
Niacin	mg	3.270	2.780	6.311
Vitamin B-6	mg	0.287	0.244	0.554
Folate, DFE	µg	3	3	6
Vitamin B-12	µg	3.19	2.71	6.16
Vitamin A, RAE	µg	14	12	27
Vitamin A, IU	IU	46	39	89
Vitamin E (alpha-tocopherol)	mg	0.23	0.20	0.44

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Vitamin D (D2 + D3)	µg	1.0	0.8	1.9
Vitamin D	IU	42	36	81
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.135	0.115	0.261
Fatty acids, total monounsaturated	g	0.112	0.095	0.216
Fatty acids, total polyunsaturated	g	0.483	0.411	0.932
Cholesterol	mg	71	60	137
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0