

Basic Report 15065, Fish, pollock, Atlantic, raw

Report Date: June 24, 2017 18:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 193g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0