

Basic Report 15066, Fish, pollock, Alaska, raw (may contain additives to retain moisture)

Report Date: August 18, 2019 00:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 77g	3.0 oz 85g
Proximates				
Water	g	86.75	66.80	73.74
Energy	kcal	56	43	48
Protein	g	12.19	9.39	10.36
Total lipid (fat)	g	0.41	0.32	0.35
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	15	12	13
Iron, Fe	mg	0.22	0.17	0.19
Magnesium, Mg	mg	16	12	14
Phosphorus, P	mg	284	219	241
Potassium, K	mg	160	123	136
Sodium, Na ^a	mg	333	256	283
Zinc, Zn	mg	0.31	0.24	0.26
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.030	0.023	0.025
Riboflavin	mg	0.080	0.062	0.068
Niacin	mg	0.653	0.503	0.555
Vitamin B-6	mg	0.069	0.053	0.059
Folate, DFE	µg	3	2	3
Vitamin B-12	µg	1.63	1.26	1.39
Vitamin A, RAE	µg	3	2	3
Vitamin A, IU	IU	10	8	8
Vitamin E (alpha-tocopherol)	mg	0.49	0.38	0.42

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.2
Vitamin D	IU	8	6	7
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.124	0.095	0.105
Fatty acids, total monounsaturated	g	0.079	0.061	0.067
Fatty acids, total polyunsaturated	g	0.195	0.150	0.166
Fatty acids, total trans	g	0.016	0.012	0.014
Cholesterol	mg	46	35	39
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 = 159 mg sodium/100g.