

Basic Report 15068, Fish, pompano, florida, raw

Report Date: September 24, 2017 22:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	1 fillet 112g	3.0 oz 85g
Proximates					
Water	g	71.12	20.16	79.65	60.45
Energy	kcal	164	46	184	139
Protein	g	18.48	5.24	20.70	15.71
Total lipid (fat)	g	9.47	2.68	10.61	8.05
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	22	6	25	19
Iron, Fe	mg	0.60	0.17	0.67	0.51
Magnesium, Mg	mg	27	8	30	23
Phosphorus, P	mg	195	55	218	166
Potassium, K	mg	381	108	427	324
Sodium, Na	mg	65	18	73	55
Zinc, Zn	mg	0.72	0.20	0.81	0.61
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.560	0.159	0.627	0.476
Riboflavin	mg	0.120	0.034	0.134	0.102
Niacin	mg	3.000	0.851	3.360	2.550
Vitamin B-6	mg	0.200	0.057	0.224	0.170
Folate, DFE	µg	15	4	17	13
Vitamin B-12	µg	1.30	0.37	1.46	1.10
Vitamin A, RAE	µg	40	11	45	34
Vitamin A, IU	IU	132	37	148	112
Vitamin E (alpha-tocopherol)	mg	0.18	0.05	0.20	0.15

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	1 fillet 112g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	11.0	3.1	12.3	9.3
Vitamin D	IU	439	124	492	373
Vitamin K (phylloquinone)	µg	0.1	0.0	0.1	0.1
Lipids					
Fatty acids, total saturated	g	3.509	0.995	3.930	2.983
Fatty acids, total monounsaturated	g	2.586	0.733	2.896	2.198
Fatty acids, total polyunsaturated	g	1.137	0.322	1.273	0.966
Cholesterol	mg	50	14	56	42
Amino Acids					
Other					
Caffeine	mg	0	0	0	0