

## Basic Report 15068, Fish, pompano, florida, raw

Report Date: May 27, 2017 05:51 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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

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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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0