

Basic Report 15068, Fish, pompano, florida, raw

Report Date: November 20, 2017 19:58 EST

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 |

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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 |
| 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 |