

Basic Report 15069, Fish, pompano, florida, cooked, dry heat

Report Date: July 22, 2019 20:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 88g	3.0 oz 85g
Proximates				
Water	g	62.97	55.41	53.52
Energy	kcal	211	186	179
Protein	g	23.69	20.85	20.14
Total lipid (fat)	g	12.14	10.68	10.32
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	43	38	37
Iron, Fe	mg	0.67	0.59	0.57
Magnesium, Mg	mg	31	27	26
Phosphorus, P	mg	341	300	290
Potassium, K	mg	636	560	541
Sodium, Na	mg	76	67	65
Zinc, Zn	mg	0.69	0.61	0.59
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.680	0.598	0.578
Riboflavin	mg	0.150	0.132	0.128
Niacin	mg	3.800	3.344	3.230
Vitamin B-6	mg	0.230	0.202	0.196
Folate, DFE	µg	17	15	14
Vitamin B-12	µg	1.20	1.06	1.02
Vitamin A, RAE	µg	36	32	31
Vitamin A, IU	IU	120	106	102
Lipids				
Fatty acids, total saturated	g	4.499	3.959	3.824

Nutrient	Unit	1 Value Per100 g	1 fillet 88g	3.0 oz 85g
Fatty acids, total monounsaturated	g	3.315	2.917	2.818
Fatty acids, total polyunsaturated	g	1.458	1.283	1.239
Cholesterol	mg	64	56	54
Amino Acids				
Other				