

Full Report (All Nutrients) 15069, Fish, pompano, florida, cooked, dry heat

Report Date: July 19, 2019 06:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Proximates						
Water	g	62.97	--	--	55.41	53.52
Energy	kcal	211	--	--	186	179
Energy	kJ	883	--	--	777	751
Protein	g	23.69	--	--	20.85	20.14
Total lipid (fat)	g	12.14	--	--	10.68	10.32
Ash	g	1.38	1	--	1.21	1.17
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	1	--	38	37
Iron, Fe	mg	0.67	1	--	0.59	0.57
Magnesium, Mg	mg	31	1	--	27	26
Phosphorus, P	mg	341	1	--	300	290
Potassium, K	mg	636	1	--	560	541
Sodium, Na	mg	76	1	--	67	65
Zinc, Zn	mg	0.69	1	--	0.61	0.59
Copper, Cu	mg	0.078	1	--	0.069	0.066
Manganese, Mn	mg	0.025	1	--	0.022	0.021
Selenium, Se	µg	46.8	--	--	41.2	39.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.680	--	--	0.598	0.578

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Riboflavin	mg	0.150	--	--	0.132	0.128
Niacin	mg	3.800	--	--	3.344	3.230
Pantothenic acid	mg	0.870	--	--	0.766	0.740
Vitamin B-6	mg	0.230	--	--	0.202	0.196
Folate, total	µg	17	--	--	15	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	17	--	--	15	14
Folate, DFE	µg	17	--	--	15	14
Vitamin B-12	µg	1.20	--	--	1.06	1.02
Vitamin A, RAE	µg	36	--	--	32	31
Retinol	µg	36	--	--	32	31
Vitamin A, IU	IU	120	--	--	106	102
Lipids						
Fatty acids, total saturated	g	4.499	--	--	3.959	3.824
14:0	g	0.526	--	--	0.463	0.447
16:0	g	2.842	--	--	2.501	2.416
18:0	g	1.056	--	--	0.929	0.898
Fatty acids, total monounsaturated	g	3.315	--	--	2.917	2.818
16:1 undifferentiated	g	0.722	--	--	0.635	0.614
18:1 undifferentiated	g	2.593	--	--	2.282	2.204
Fatty acids, total polyunsaturated	g	1.458	--	--	1.283	1.239
18:2 undifferentiated	g	0.155	--	--	0.136	0.132
20:4 undifferentiated	g	0.315	--	--	0.277	0.268
20:5 n-3 (EPA)	g	0.224	--	--	0.197	0.190
22:5 n-3 (DPA)	g	0.259	--	--	0.228	0.220
22:6 n-3 (DHA)	g	0.504	--	--	0.444	0.428
Cholesterol	mg	64	--	--	56	54
Amino Acids						
Tryptophan	g	0.265	--	--	0.233	0.225
Threonine	g	1.038	--	--	0.913	0.882
Isoleucine	g	1.092	--	--	0.961	0.928
Leucine	g	1.925	--	--	1.694	1.636
Lysine	g	2.175	--	--	1.914	1.849

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 88g	3.0 oz 85g
Methionine	g	0.701	--	--	0.617	0.596
Cystine	g	0.254	--	--	0.224	0.216
Phenylalanine	g	0.925	--	--	0.814	0.786
Tyrosine	g	0.800	--	--	0.704	0.680
Valine	g	1.220	--	--	1.074	1.037
Arginine	g	1.417	--	--	1.247	1.204
Histidine	g	0.697	--	--	0.613	0.592
Alanine	g	1.433	--	--	1.261	1.218
Aspartic acid	g	2.426	--	--	2.135	2.062
Glutamic acid	g	3.536	--	--	3.112	3.006
Glycine	g	1.137	--	--	1.001	0.966
Proline	g	0.838	--	--	0.737	0.712
Serine	g	0.966	--	--	0.850	0.821
Other						