

**Statistics Report 15069, Fish, pompano, florida, cooked, dry heat**
**Report Date: September 21, 2019 18:06 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	62.97	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	211	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	883	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2004
Protein	g	23.69	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	12.14	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.38	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
<b>Minerals</b>													
Calcium, Ca	mg	43	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.67	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	31	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	341	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	636	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	76	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.69	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.078	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.025	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	46.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.680	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.150	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	3.800	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.870	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.230	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2004

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Folate, DFE	µg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2004
Vitamin B-12	µg	1.20	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	µg	36	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2004
Retinol	µg	36	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2004
Vitamin A, IU	IU	120	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	4.499	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.526	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
16:0	g	2.842	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
18:0	g	1.056	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
Fatty acids, total monounsaturated	g	3.315	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.722	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
18:1 undifferentiated	g	2.593	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
Fatty acids, total polyunsaturated	g	1.458	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.155	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
20:4 undifferentiated	g	0.315	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
20:5 n-3 (EPA)	g	0.224	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
22:5 n-3 (DPA)	g	0.259	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004

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22:6 n-3 (DHA)	g	0.504	--	--	0	0	--	--	--	--	Calculated or imputed	15068	04/2004
Cholesterol	mg	64	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.265	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.038	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.092	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.925	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.175	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.701	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.254	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.925	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.800	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.220	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.417	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Histidine	g	0.697	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.433	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.426	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.536	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.137	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.838	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.966	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/1987