

Basic Report 15088, Fish, sardine, Atlantic, canned in oil, drained solids with bone

Report Date: June 15, 2019 20:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, drained 149g	1 oz 28.35g	1 cubic inch 16g	1 can (3.75 oz) 92g	1 small (2-2/3" x 1/2" x 1/4") 12g	2.0 sardines 24g
Proximates								
Water	g	59.61	88.82	16.90	9.54	54.84	7.15	14.31
Energy	kcal	208	310	59	33	191	25	50
Protein	g	24.62	36.68	6.98	3.94	22.65	2.95	5.91
Total lipid (fat)	g	11.45	17.06	3.25	1.83	10.53	1.37	2.75
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	382	569	108	61	351	46	92
Iron, Fe	mg	2.92	4.35	0.83	0.47	2.69	0.35	0.70
Magnesium, Mg	mg	39	58	11	6	36	5	9
Phosphorus, P	mg	490	730	139	78	451	59	118
Potassium, K	mg	397	592	113	64	365	48	95
Sodium, Na	mg	307	457	87	49	282	37	74
Zinc, Zn	mg	1.31	1.95	0.37	0.21	1.21	0.16	0.31
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.080	0.119	0.023	0.013	0.074	0.010	0.019
Riboflavin	mg	0.227	0.338	0.064	0.036	0.209	0.027	0.054
Niacin	mg	5.245	7.815	1.487	0.839	4.825	0.629	1.259
Vitamin B-6	mg	0.167	0.249	0.047	0.027	0.154	0.020	0.040
Folate, DFE	µg	10	15	3	2	9	1	2
Vitamin B-12	µg	8.94	13.32	2.53	1.43	8.22	1.07	2.15
Vitamin A, RAE	µg	32	48	9	5	29	4	8
Vitamin A, IU	IU	108	161	31	17	99	13	26
Vitamin E (alpha-tocopherol)	mg	2.04	3.04	0.58	0.33	1.88	0.24	0.49

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Vitamin D (D2 + D3)	µg	4.8	7.2	1.4	0.8	4.4	0.6	1.2
Vitamin D	IU	193	288	55	31	178	23	46
Vitamin K (phylloquinone)	µg	2.6	3.9	0.7	0.4	2.4	0.3	0.6
Lipids								
Fatty acids, total saturated	g	1.528	2.277	0.433	0.244	1.406	0.183	0.367
Fatty acids, total monounsaturated	g	3.869	5.765	1.097	0.619	3.559	0.464	0.929
Fatty acids, total polyunsaturated	g	5.148	7.671	1.459	0.824	4.736	0.618	1.236
Cholesterol	mg	142	212	40	23	131	17	34
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0