

Full Report (All Nutrients) 15088, Fish, sardine, Atlantic, canned in oil, drained solids with bone
Report Date: September 18, 2019 20:46 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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	13	0.640	88.82	16.90	9.54	54.84	7.15	14.31
Energy	kcal	208	--	--	310	59	33	191	25	50
Energy	kJ	871	--	--	1298	247	139	801	105	209
Protein	g	24.62	13	0.450	36.68	6.98	3.94	22.65	2.95	5.91
Total lipid (fat)	g	11.45	13	0.310	17.06	3.25	1.83	10.53	1.37	2.75
Ash	g	3.38	35	0.130	5.04	0.96	0.54	3.11	0.41	0.81
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	22	14.000	569	108	61	351	46	92
Iron, Fe	mg	2.92	7	0.220	4.35	0.83	0.47	2.69	0.35	0.70
Magnesium, Mg	mg	39	2	--	58	11	6	36	5	9
Phosphorus, P	mg	490	22	15.000	730	139	78	451	59	118
Potassium, K	mg	397	1	--	592	113	64	365	48	95
Sodium, Na	mg	307	--	--	457	87	49	282	37	74
Zinc, Zn	mg	1.31	2	--	1.95	0.37	0.21	1.21	0.16	0.31
Copper, Cu	mg	0.186	2	--	0.277	0.053	0.030	0.171	0.022	0.045
Manganese, Mn	mg	0.108	2	--	0.161	0.031	0.017	0.099	0.013	0.026
Selenium, Se	µg	52.7	--	--	78.5	14.9	8.4	48.5	6.3	12.6
Vitamins										
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0

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Thiamin	mg	0.080	9	0.031	0.119	0.023	0.013	0.074	0.010	0.019
Riboflavin	mg	0.227	7	0.045	0.338	0.064	0.036	0.209	0.027	0.054
Niacin	mg	5.245	4	0.066	7.815	1.487	0.839	4.825	0.629	1.259
Pantothenic acid	mg	0.642	2	--	0.957	0.182	0.103	0.591	0.077	0.154
Vitamin B-6	mg	0.167	3	0.022	0.249	0.047	0.027	0.154	0.020	0.040
Folate, total	µg	10	--	--	15	3	2	9	1	2
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	10	--	--	15	3	2	9	1	2
Folate, DFE	µg	10	--	--	15	3	2	9	1	2
Choline, total	mg	75.0	--	--	111.8	21.3	12.0	69.0	9.0	18.0
Vitamin B-12	µg	8.94	2	--	13.32	2.53	1.43	8.22	1.07	2.15
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	32	--	--	48	9	5	29	4	8
Retinol	µg	32	--	--	48	9	5	29	4	8
Carotene, beta	µg	0	--	--	0	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	108	--	--	161	31	17	99	13	26
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	2.04	--	--	3.04	0.58	0.33	1.88	0.24	0.49
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	4.8	--	--	7.2	1.4	0.8	4.4	0.6	1.2
Vitamin D3 (cholecalciferol)	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
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000

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14:0	g	0.192	2	--	0.286	0.054	0.031	0.177	0.023	0.046
16:0	g	0.993	2	--	1.480	0.282	0.159	0.914	0.119	0.238
18:0	g	0.343	2	--	0.511	0.097	0.055	0.316	0.041	0.082
Fatty acids, total monounsaturated	g	3.869	--	--	5.765	1.097	0.619	3.559	0.464	0.929
16:1 undifferentiated	g	0.220	2	--	0.328	0.062	0.035	0.202	0.026	0.053
18:1 undifferentiated	g	2.145	2	--	3.196	0.608	0.343	1.973	0.257	0.515
20:1	g	0.423	1	--	0.630	0.120	0.068	0.389	0.051	0.102
22:1 undifferentiated	g	1.081	2	--	1.611	0.306	0.173	0.995	0.130	0.259
Fatty acids, total polyunsaturated	g	5.148	--	--	7.671	1.459	0.824	4.736	0.618	1.236
18:2 undifferentiated	g	3.543	2	--	5.279	1.004	0.567	3.260	0.425	0.850
18:3 undifferentiated	g	0.498	1	--	0.742	0.141	0.080	0.458	0.060	0.120
18:4	g	0.125	2	--	0.186	0.035	0.020	0.115	0.015	0.030
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.473	2	--	0.705	0.134	0.076	0.435	0.057	0.114
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.509	2	--	0.758	0.144	0.081	0.468	0.061	0.122
Cholesterol	mg	142	4	7.000	212	40	23	131	17	34
Amino Acids										
Tryptophan	g	0.276	--	--	0.411	0.078	0.044	0.254	0.033	0.066
Threonine	g	1.079	--	--	1.608	0.306	0.173	0.993	0.129	0.259
Isoleucine	g	1.134	--	--	1.690	0.321	0.181	1.043	0.136	0.272
Leucine	g	2.001	--	--	2.981	0.567	0.320	1.841	0.240	0.480
Lysine	g	2.260	--	--	3.367	0.641	0.362	2.079	0.271	0.542
Methionine	g	0.729	--	--	1.086	0.207	0.117	0.671	0.087	0.175
Cystine	g	0.264	--	--	0.393	0.075	0.042	0.243	0.032	0.063
Phenylalanine	g	0.961	--	--	1.432	0.272	0.154	0.884	0.115	0.231
Tyrosine	g	0.831	--	--	1.238	0.236	0.133	0.765	0.100	0.199
Valine	g	1.268	--	--	1.889	0.359	0.203	1.167	0.152	0.304
Arginine	g	1.473	--	--	2.195	0.418	0.236	1.355	0.177	0.354
Histidine	g	0.725	--	--	1.080	0.206	0.116	0.667	0.087	0.174
Alanine	g	1.489	--	--	2.219	0.422	0.238	1.370	0.179	0.357
Aspartic acid	g	2.520	--	--	3.755	0.714	0.403	2.318	0.302	0.605
Glutamic acid	g	3.674	--	--	5.474	1.042	0.588	3.380	0.441	0.882

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Glycine	g	1.181	--	--	1.760	0.335	0.189	1.087	0.142	0.283
Proline	g	0.870	--	--	1.296	0.247	0.139	0.800	0.104	0.209
Serine	g	1.004	--	--	1.496	0.285	0.161	0.924	0.120	0.241
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0