

## Basic Report 15091, Fish, sea bass, mixed species, raw

Report Date: September 25, 2017 18:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 129g	3.0 oz 85g
<b>Proximates</b>				
Water	g	78.27	100.97	66.53
Energy	kcal	97	125	82
Protein	g	18.43	23.77	15.67
Total lipid (fat)	g	2.00	2.58	1.70
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	10	13	8
Iron, Fe	mg	0.29	0.37	0.25
Magnesium, Mg	mg	41	53	35
Phosphorus, P	mg	194	250	165
Potassium, K	mg	256	330	218
Sodium, Na	mg	68	88	58
Zinc, Zn	mg	0.40	0.52	0.34
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.110	0.142	0.093
Riboflavin	mg	0.120	0.155	0.102
Niacin	mg	1.600	2.064	1.360
Vitamin B-6	mg	0.400	0.516	0.340
Folate, DFE	µg	5	6	4
Vitamin B-12	µg	0.30	0.39	0.26
Vitamin A, RAE	µg	46	59	39
Vitamin A, IU	IU	154	199	131
Vitamin E (alpha-tocopherol)	mg	0.84	1.08	0.71

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 129g</b>	<b>3.0 oz 85g</b>
Vitamin D (D2 + D3)	µg	5.6	7.2	4.8
Vitamin D	IU	226	292	192
Vitamin K (phylloquinone)	µg	0.1	0.1	0.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.511	0.659	0.434
Fatty acids, total monounsaturated	g	0.424	0.547	0.360
Fatty acids, total polyunsaturated	g	0.743	0.958	0.632
Cholesterol	mg	41	53	35
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0