

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

Report Date: November 20, 2017 21:43 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 fillet 129g | 3.0 oz 85g |
|--------------------------------|------|------------------------|------------------|---------------|
| Proximates | | | | |
| 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 |
| Minerals | | | | |
| 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 |
| Vitamins | | | | |
| 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 |

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| 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 |
| Lipids | | | | |
| 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 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |