

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

Report Date: July 20, 2017 20:34 EDT

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