

## Basic Report 15092, Fish, sea bass, mixed species, cooked, dry heat

Report Date: October 22, 2017 06:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 101g	3.0 oz 85g
<b>Proximates</b>				
Water	g	72.14	72.86	61.32
Energy	kcal	124	125	105
Protein	g	23.63	23.87	20.09
Total lipid (fat)	g	2.56	2.59	2.18
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	13	13	11
Iron, Fe	mg	0.37	0.37	0.31
Magnesium, Mg	mg	53	54	45
Phosphorus, P	mg	248	250	211
Potassium, K	mg	328	331	279
Sodium, Na	mg	87	88	74
Zinc, Zn	mg	0.52	0.53	0.44
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.130	0.131	0.111
Riboflavin	mg	0.150	0.151	0.128
Niacin	mg	1.900	1.919	1.615
Vitamin B-6	mg	0.460	0.465	0.391
Folate, DFE	µg	6	6	5
Vitamin B-12	µg	0.30	0.30	0.26
Vitamin A, RAE	µg	64	65	54
Vitamin A, IU	IU	213	215	181
<b>Lipids</b>				
Fatty acids, total saturated	g	0.655	0.662	0.557

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Fatty acids, total monounsaturated	g	0.544	0.549	0.462
Fatty acids, total polyunsaturated	g	0.953	0.963	0.810
Cholesterol	mg	53	54	45
<b>Amino Acids</b>				
<b>Other</b>				