

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

Report Date: August 23, 2017 21:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 101g	3.0 oz 85g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
Fatty acids, total saturated	g	0.655	0.662	0.557

Nutrient	Unit	1 Value Per100 g	1 fillet 101g	3.0 oz 85g
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
Amino Acids				
Other				