

Basic Report 15093, Fish, seatrout, mixed species, raw

Report Date: February 19, 2019 22:59 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 238g
Proximates				
Water	g	78.09	66.38	185.85
Energy	kcal	104	88	248
Protein	g	16.74	14.23	39.84
Total lipid (fat)	g	3.61	3.07	8.59
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	17	14	40
Iron, Fe	mg	0.27	0.23	0.64
Magnesium, Mg	mg	31	26	74
Phosphorus, P	mg	250	212	595
Potassium, K	mg	341	290	812
Sodium, Na	mg	58	49	138
Zinc, Zn	mg	0.45	0.38	1.07
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.051	0.143
Riboflavin	mg	0.170	0.145	0.405
Niacin	mg	2.400	2.040	5.712
Vitamin B-6	mg	0.400	0.340	0.952
Folate, DFE	µg	5	4	12
Vitamin B-12	µg	3.00	2.55	7.14
Vitamin A, RAE	µg	30	26	71
Vitamin A, IU	IU	100	85	238
Lipids				
Fatty acids, total saturated	g	1.009	0.858	2.401

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 238g
Fatty acids, total monounsaturated	g	0.884	0.751	2.104
Fatty acids, total polyunsaturated	g	0.725	0.616	1.725
Cholesterol	mg	83	71	198
Amino Acids				
Other				