

Basic Report 15100, Fish, smelt, rainbow, cooked, dry heat

Report Date: July 25, 2017 14:39 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 72.79 | 61.87 |
| Energy | kcal | 124 | 105 |
| Protein | g | 22.60 | 19.21 |
| Total lipid (fat) | g | 3.10 | 2.63 |
| Carbohydrate, by difference | g | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Minerals | | | |
| Calcium, Ca | mg | 77 | 65 |
| Iron, Fe | mg | 1.15 | 0.98 |
| Magnesium, Mg | mg | 38 | 32 |
| Phosphorus, P | mg | 295 | 251 |
| Potassium, K | mg | 372 | 316 |
| Sodium, Na | mg | 77 | 65 |
| Zinc, Zn | mg | 2.12 | 1.80 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.010 | 0.009 |
| Riboflavin | mg | 0.146 | 0.124 |
| Niacin | mg | 1.766 | 1.501 |
| Vitamin B-6 | mg | 0.170 | 0.145 |
| Folate, DFE | µg | 5 | 4 |
| Vitamin B-12 | µg | 3.97 | 3.37 |
| Vitamin A, RAE | µg | 17 | 14 |
| Vitamin A, IU | IU | 58 | 49 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.579 | 0.492 |

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g |
|------------------------------------|-------------|---------------------------------|-----------------------|
| Fatty acids, total monounsaturated | g | 0.822 | 0.699 |
| Fatty acids, total polyunsaturated | g | 1.135 | 0.965 |
| Cholesterol | mg | 90 | 76 |
| Amino Acids | | | |
| Other | | | |