

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

Report Date: November 23, 2017 22:33 EST

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