

Basic Report 15136, Crustaceans, crab, alaska king, raw

Report Date: October 22, 2017 11:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 leg 172g
Proximates				
Water	g	79.57	67.63	136.86
Energy	kcal	84	71	144
Protein	g	18.29	15.55	31.46
Total lipid (fat)	g	0.60	0.51	1.03
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	46	39	79
Iron, Fe	mg	0.59	0.50	1.01
Magnesium, Mg	mg	49	42	84
Phosphorus, P	mg	219	186	377
Potassium, K	mg	204	173	351
Sodium, Na	mg	836	711	1438
Zinc, Zn	mg	5.95	5.06	10.23
Vitamins				
Vitamin C, total ascorbic acid	mg	7.0	6.0	12.0
Thiamin	mg	0.043	0.037	0.074
Riboflavin	mg	0.043	0.037	0.074
Niacin	mg	1.100	0.935	1.892
Vitamin B-6	mg	0.150	0.128	0.258
Folate, DFE	µg	44	37	76
Vitamin B-12	µg	9.00	7.65	15.48
Vitamin A, RAE	µg	7	6	12
Vitamin A, IU	IU	24	20	41
Lipids				
Fatty acids, total saturated	g	0.090	0.076	0.155

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 leg 172g
Fatty acids, total monounsaturated	g	0.080	0.068	0.138
Fatty acids, total polyunsaturated	g	0.130	0.111	0.224
Cholesterol	mg	42	36	72
Amino Acids				
Other				