

Basic Report 15145, Crustaceans, crayfish, mixed species, wild, raw

Report Date: July 21, 2019 15:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	8.0 crayfish 27g
Proximates				
Water	g	82.24	69.90	22.20
Energy	kcal	77	65	21
Protein	g	15.97	13.57	4.31
Total lipid (fat)	g	0.95	0.81	0.26
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	27	23	7
Iron, Fe	mg	0.84	0.71	0.23
Magnesium, Mg	mg	27	23	7
Phosphorus, P	mg	256	218	69
Potassium, K	mg	302	257	82
Sodium, Na	mg	58	49	16
Zinc, Zn	mg	1.30	1.10	0.35
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	1.0	0.3
Thiamin	mg	0.070	0.060	0.019
Riboflavin	mg	0.032	0.027	0.009
Niacin	mg	2.208	1.877	0.596
Vitamin B-6	mg	0.108	0.092	0.029
Folate, DFE	µg	37	31	10
Vitamin B-12	µg	2.00	1.70	0.54
Vitamin A, RAE	µg	16	14	4
Vitamin A, IU	IU	53	45	14
Vitamin E (alpha-tocopherol)	mg	2.85	2.42	0.77

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.1	0.0
Lipids				
Fatty acids, total saturated	g	0.159	0.135	0.043
Fatty acids, total monounsaturated	g	0.174	0.148	0.047
Fatty acids, total polyunsaturated	g	0.293	0.249	0.079
Cholesterol	mg	114	97	31
Amino Acids				
Other				
Caffeine	mg	0	0	0