

Basic Report 15159, Mollusks, clam, mixed species, cooked, moist heat

Report Date: September 23, 2017 14:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	20.0 small 190g
Proximates				
Water	g	63.64	54.09	120.92
Energy	kcal	148	126	281
Protein	g	25.55	21.72	48.55
Total lipid (fat)	g	1.95	1.66	3.71
Carbohydrate, by difference	g	5.13	4.36	9.75
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	92	78	175
Iron, Fe	mg	2.81	2.39	5.34
Magnesium, Mg	mg	18	15	34
Phosphorus, P	mg	338	287	642
Potassium, K	mg	628	534	1193
Sodium, Na ^a	mg	1202	1022	2284
Zinc, Zn	mg	2.73	2.32	5.19
Vitamins				
Vitamin C, total ascorbic acid	mg	22.1	18.8	42.0
Thiamin	mg	0.150	0.128	0.285
Riboflavin	mg	0.426	0.362	0.809
Niacin	mg	3.354	2.851	6.373
Vitamin B-6	mg	0.110	0.093	0.209
Folate, DFE	µg	29	25	55
Vitamin B-12	µg	98.89	84.06	187.89
Vitamin A, RAE	µg	171	145	325
Vitamin A, IU	IU	570	484	1083
Lipids				
Fatty acids, total saturated	g	0.188	0.160	0.357

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	20.0 small 190g
Fatty acids, total monounsaturated	g	0.172	0.146	0.327
Fatty acids, total polyunsaturated	g	0.552	0.469	1.049
Cholesterol	mg	67	57	127

Amino Acids

Other

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 112 mg sodium/100g.