

Basic Report 15171, Mollusks, oyster, Pacific, raw

Report Date: September 23, 2019 09:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 medium 50g	3.0 oz 85g
Proximates				
Water	g	82.06	41.03	69.75
Energy	kcal	81	40	69
Protein	g	9.45	4.72	8.03
Total lipid (fat)	g	2.30	1.15	1.95
Carbohydrate, by difference	g	4.95	2.48	4.21
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	8	4	7
Iron, Fe	mg	5.11	2.56	4.34
Magnesium, Mg	mg	22	11	19
Phosphorus, P	mg	162	81	138
Potassium, K	mg	168	84	143
Sodium, Na	mg	106	53	90
Zinc, Zn	mg	16.62	8.31	14.13
Vitamins				
Vitamin C, total ascorbic acid	mg	8.0	4.0	6.8
Thiamin	mg	0.067	0.034	0.057
Riboflavin	mg	0.233	0.117	0.198
Niacin	mg	2.010	1.005	1.708
Vitamin B-6	mg	0.050	0.025	0.043
Folate, DFE	µg	10	5	8
Vitamin B-12	µg	16.00	8.00	13.60
Vitamin A, RAE	µg	81	40	69
Vitamin A, IU	IU	270	135	230
Lipids				
Fatty acids, total saturated	g	0.510	0.255	0.433

Nutrient	Unit	1 Value Per100 g	1 medium 50g	3.0 oz 85g
Fatty acids, total monounsaturated	g	0.358	0.179	0.304
Fatty acids, total polyunsaturated	g	0.894	0.447	0.760
Cholesterol	mg	50	25	42
Amino Acids				
Other				