

Basic Report 15172, Mollusks, scallop, mixed species, raw

Report Date: June 19, 2019 02:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 unit 2 large or 5 small 30g	3.0 oz 85g
Proximates				
Water	g	82.53	24.76	70.15
Energy	kcal	69	21	59
Protein	g	12.06	3.62	10.25
Total lipid (fat)	g	0.49	0.15	0.42
Carbohydrate, by difference	g	3.18	0.95	2.70
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	6	2	5
Iron, Fe	mg	0.38	0.11	0.32
Magnesium, Mg	mg	22	7	19
Phosphorus, P	mg	334	100	284
Potassium, K	mg	205	62	174
Sodium, Na ^a	mg	392	118	333
Zinc, Zn	mg	0.91	0.27	0.77
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.007	0.002	0.006
Riboflavin	mg	0.015	0.004	0.013
Niacin	mg	0.703	0.211	0.598
Vitamin B-6	mg	0.073	0.022	0.062
Folate, DFE	µg	16	5	14
Vitamin B-12	µg	1.41	0.42	1.20
Vitamin A, RAE	µg	1	0	1
Vitamin A, IU	IU	3	1	3
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	1	0	1
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.128	0.038	0.109
Fatty acids, total monounsaturated	g	0.048	0.014	0.041
Fatty acids, total polyunsaturated	g	0.130	0.039	0.111
Fatty acids, total trans	g	0.005	0.002	0.004
Cholesterol	mg	24	7	20
Amino Acids				
Other				
Caffeine	mg	0	0	0

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 = 161 mg sodium/100g.