

## Full Report (All Nutrients) 15172, Mollusks, scallop, mixed species, raw

Report Date: July 19, 2019 06:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 4.11 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 2 large or 5 small 30g	3.0 oz 85g
<b>Proximates</b>						
Water <a href="#">1</a>	g	82.53	12	1.220	24.76	70.15
Energy	kcal	69	--	--	21	59
Energy	kJ	289	--	--	87	246
Protein <a href="#">1</a>	g	12.06	12	0.900	3.62	10.25
Total lipid (fat) <a href="#">1</a>	g	0.49	12	0.020	0.15	0.42
Ash <a href="#">1</a>	g	1.74	12	0.080	0.52	1.48
Carbohydrate, by difference	g	3.18	--	--	0.95	2.70
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Sucrose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Glucose (dextrose) <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Fructose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Lactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Starch <a href="#">1</a>	g	2.17	3	0.640	0.65	1.84
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	6	12	0.000	2	5
Iron, Fe <a href="#">1</a>	mg	0.38	12	0.040	0.11	0.32
Magnesium, Mg <a href="#">1</a>	mg	22	12	2.000	7	19
Phosphorus, P <a href="#">1</a>	mg	334	12	22.000	100	284
Potassium, K <a href="#">1</a>	mg	205	12	27.000	62	174

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 2 large or 5 small 30g	3.0 oz 85g
Sodium, Na <a href="#">1</a>	mg	392	12	47.000	118	333
Zinc, Zn <a href="#">1</a>	mg	0.91	12	0.090	0.27	0.77
Copper, Cu <a href="#">1</a>	mg	0.023	12	0.004	0.007	0.020
Manganese, Mn <a href="#">1</a>	mg	0.017	12	0.001	0.005	0.014
Selenium, Se <a href="#">1</a>	µg	12.8	12	0.800	3.8	10.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.007	4	0.000	0.002	0.006
Riboflavin <a href="#">1</a>	mg	0.015	4	0.000	0.004	0.013
Niacin <a href="#">1</a>	mg	0.703	4	0.088	0.211	0.598
Pantothenic acid <a href="#">1</a>	mg	0.215	4	0.018	0.065	0.183
Vitamin B-6 <a href="#">1</a>	mg	0.073	4	0.007	0.022	0.062
Folate, total	µg	16	--	--	5	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	16	--	--	5	14
Folate, DFE	µg	16	--	--	5	14
Choline, total	mg	65.0	--	--	19.5	55.2
Vitamin B-12 <a href="#">1</a>	µg	1.41	4	0.460	0.42	1.20
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	0	1
Retinol <a href="#">1</a>	µg	1	1	--	0	1
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	3	--	--	1	3
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Tocotrienol, alpha	mg	0.00	--	--	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 2 large or 5 small 30g	3.0 oz 85g
Tocotrienol, beta	mg	0.00	--	--	0.00	0.00
Tocotrienol, gamma	mg	0.00	--	--	0.00	0.00
Tocotrienol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3) <a href="#">1</a>	µg	0.0	4	0.012	0.0	0.0
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	0.0	4	0.012	0.0	0.0
Vitamin D <a href="#">1</a>	IU	1	4	0.000	0	1
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.128	--	--	0.038	0.109
4:0	g	0.000	--	--	0.000	0.000
6:0 <a href="#">1</a>	g	0.000	8	0.000	0.000	0.000
8:0 <a href="#">1</a>	g	0.000	10	0.000	0.000	0.000
10:0 <a href="#">1</a>	g	0.000	1	--	0.000	0.000
12:0 <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
14:0 <a href="#">1</a>	g	0.008	12	0.001	0.002	0.007
15:0 <a href="#">1</a>	g	0.003	12	0.000	0.001	0.003
16:0 <a href="#">1</a>	g	0.081	12	0.009	0.024	0.069
17:0 <a href="#">1</a>	g	0.004	12	0.001	0.001	0.003
18:0 <a href="#">1</a>	g	0.029	12	0.004	0.009	0.025
20:0 <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
22:0 <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
24:0 <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.048	--	--	0.014	0.041
14:1 <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
15:1 <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.009	12	0.001	0.003	0.008
16:1 c <a href="#">1</a>	g	0.006	12	0.001	0.002	0.005
16:1 t <a href="#">1</a>	g	0.003	12	0.001	0.001	0.003
17:1 <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
18:1 undifferentiated <a href="#">1</a>	g	0.031	12	0.010	0.009	0.026
18:1 c <a href="#">1</a>	g	0.030	12	0.010	0.009	0.025
18:1 t <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 2 large or 5 small 30g	3.0 oz 85g
20:1 <a href="#">1</a>	g	0.005	12	0.001	0.002	0.004
22:1 undifferentiated <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
22:1 c <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
22:1 t <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
24:1 c <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
Fatty acids, total polyunsaturated	g	0.130	--	--	0.039	0.111
18:2 undifferentiated <a href="#">1</a>	g	0.008	12	0.003	0.002	0.007
18:2 n-6 c,c <a href="#">1</a>	g	0.007	12	0.003	0.002	0.006
18:2 CLAs <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
18:2 t not further defined <a href="#">1</a>	g	0.001	12	0.001	0.000	0.001
18:3 undifferentiated <a href="#">1</a>	g	0.003	12	0.000	0.001	0.003
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.003	12	0.000	0.001	0.003
18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
18:4 <a href="#">1</a>	g	0.004	12	0.000	0.001	0.003
20:2 n-6 c,c <a href="#">1</a>	g	0.001	12	0.000	0.000	0.001
20:3 undifferentiated <a href="#">1</a>	g	0.002	12	0.000	0.001	0.002
20:3 n-6 <a href="#">1</a>	g	0.002	12	0.000	0.001	0.002
20:4 undifferentiated <a href="#">1</a>	g	0.005	12	0.001	0.002	0.004
20:5 n-3 (EPA) <a href="#">1</a>	g	0.042	12	0.006	0.013	0.036
22:4 <a href="#">1</a>	g	0.000	12	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.003	12	0.000	0.001	0.003
22:6 n-3 (DHA) <a href="#">1</a>	g	0.061	12	0.008	0.018	0.052
Fatty acids, total trans	g	0.005	--	--	0.002	0.004
Fatty acids, total trans-monoenoic	g	0.004	--	--	0.001	0.003
Cholesterol <a href="#">1</a>	mg	24	4	1.000	7	20
<b>Amino Acids</b>						
Tryptophan <a href="#">1</a>	g	0.102	--	--	0.031	0.087
Threonine <a href="#">1</a>	g	0.369	--	--	0.111	0.314
Isoleucine <a href="#">1</a>	g	0.406	--	--	0.122	0.345
Leucine <a href="#">1</a>	g	0.720	--	--	0.216	0.612
Lysine <a href="#">1</a>	g	0.739	--	--	0.222	0.628
Methionine <a href="#">1</a>	g	0.286	--	--	0.086	0.243

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 2 large or 5 small 30g	3.0 oz 85g
Cystine <sup>1</sup>	g	0.120	--	--	0.036	0.102
Phenylalanine <sup>1</sup>	g	0.351	--	--	0.105	0.298
Tyrosine <sup>1</sup>	g	0.296	--	--	0.089	0.252
Valine <sup>1</sup>	g	0.379	--	--	0.114	0.322
Arginine <sup>1</sup>	g	0.646	--	--	0.194	0.549
Histidine <sup>1</sup>	g	0.185	--	--	0.056	0.157
Alanine <sup>1</sup>	g	0.536	--	--	0.161	0.456
Aspartic acid <sup>1</sup>	g	0.923	--	--	0.277	0.785
Glutamic acid <sup>1</sup>	g	1.404	--	--	0.421	1.193
Glycine <sup>1</sup>	g	1.034	--	--	0.310	0.879
Proline <sup>1</sup>	g	0.286	--	--	0.086	0.243
Serine <sup>1</sup>	g	0.360	--	--	0.108	0.306
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12f, 2008 Beltsville MD

**Footnotes**

<sup>a</sup> 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.