

Basic Report 15193, Fish, cusk, cooked, dry heat

Report Date: June 28, 2017 03:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 95g	3.0 oz 85g
Proximates				
Water	g	69.68	66.20	59.23
Energy	kcal	112	106	95
Protein	g	24.35	23.13	20.70
Total lipid (fat)	g	0.88	0.84	0.75
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	13	12	11
Iron, Fe	mg	1.06	1.01	0.90
Magnesium, Mg	mg	40	38	34
Phosphorus, P	mg	262	249	223
Potassium, K	mg	503	478	428
Sodium, Na	mg	40	38	34
Zinc, Zn	mg	0.49	0.47	0.42
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.048	0.046	0.041
Riboflavin	mg	0.162	0.154	0.138
Niacin	mg	3.271	3.107	2.780
Vitamin B-6	mg	0.447	0.425	0.380
Folate, DFE	µg	2	2	2
Vitamin B-12	µg	1.20	1.14	1.02
Vitamin A, RAE	µg	21	20	18
Vitamin A, IU	IU	69	66	59
Lipids				
Cholesterol	mg	53	50	45

Nutrient	Unit	1 Value Per100 g	1 fillet 95g	3.0 oz 85g
Amino Acids				
Other				