

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

Report Date: November 18, 2017 12:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 95g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Cholesterol	mg	53	50	45

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 95g</b>	<b>3.0 oz 85g</b>
<b>Amino Acids</b>				
<b>Other</b>				