

Basic Report 15202, Fish, milkfish, cooked, dry heat

Report Date: September 20, 2019 06:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	62.63	53.24
Energy	kcal	190	162
Protein	g	26.32	22.37
Total lipid (fat)	g	8.63	7.34
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	65	55
Iron, Fe	mg	0.41	0.35
Magnesium, Mg	mg	38	32
Phosphorus, P	mg	208	177
Potassium, K	mg	374	318
Sodium, Na	mg	92	78
Zinc, Zn	mg	1.05	0.89
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.016	0.014
Riboflavin	mg	0.069	0.059
Niacin	mg	8.256	7.018
Vitamin B-6	mg	0.488	0.415
Folate, DFE	µg	18	15
Vitamin B-12	µg	3.27	2.78
Vitamin A, RAE	µg	33	28
Vitamin A, IU	IU	109	93
Lipids			
Cholesterol	mg	67	57

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Amino Acids			
Other			