

Basic Report 15213, Fish, scup, cooked, dry heat

Report Date: March 22, 2018 15:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 50g	3.0 oz 85g
Proximates				
Water	g	68.42	34.21	58.16
Energy	kcal	135	68	115
Protein	g	24.21	12.11	20.58
Total lipid (fat)	g	3.50	1.75	2.98
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	51	26	43
Iron, Fe	mg	0.68	0.34	0.58
Magnesium, Mg	mg	29	14	25
Phosphorus, P	mg	237	118	201
Potassium, K	mg	368	184	313
Sodium, Na	mg	54	27	46
Zinc, Zn	mg	0.62	0.31	0.53
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.127	0.064	0.108
Riboflavin	mg	0.122	0.061	0.104
Niacin	mg	4.994	2.497	4.245
Vitamin B-6	mg	0.346	0.173	0.294
Folate, DFE	µg	17	8	14
Vitamin B-12	µg	1.62	0.81	1.38
Vitamin A, RAE	µg	31	16	26
Vitamin A, IU	IU	104	52	88
Lipids				
Cholesterol	mg	67	34	57

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Amino Acids				
Other				