

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

Report Date: May 23, 2017 00:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 50g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Cholesterol	mg	67	34	57

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 50g</b>	<b>3.0 oz 85g</b>
<b>Amino Acids</b>				
<b>Other</b>				