

Basic Report 15214, Fish, seatrout, mixed species, cooked, dry heat

Report Date: October 22, 2017 09:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 186g
Proximates				
Water	g	71.91	61.12	133.75
Energy	kcal	133	113	247
Protein	g	21.46	18.24	39.92
Total lipid (fat)	g	4.63	3.94	8.61
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	22	19	41
Iron, Fe	mg	0.35	0.30	0.65
Magnesium, Mg	mg	40	34	74
Phosphorus, P	mg	321	273	597
Potassium, K	mg	437	371	813
Sodium, Na	mg	74	63	138
Zinc, Zn	mg	0.58	0.49	1.08
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.069	0.059	0.128
Riboflavin	mg	0.207	0.176	0.385
Niacin	mg	2.923	2.485	5.437
Vitamin B-6	mg	0.462	0.393	0.859
Folate, DFE	µg	6	5	11
Vitamin B-12	µg	3.46	2.94	6.44
Vitamin A, RAE	µg	35	30	65
Vitamin A, IU	IU	115	98	214
Lipids				
Fatty acids, total saturated	g	1.293	1.099	2.405

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 186g
Fatty acids, total monounsaturated	g	1.133	0.963	2.107
Fatty acids, total polyunsaturated	g	0.929	0.790	1.728
Cholesterol	mg	106	90	197
Amino Acids				
Other				