

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

Report Date: March 22, 2018 15:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 186g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	1.293	1.099	2.405

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>1 fillet 186g</b>
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
<b>Amino Acids</b>				
<b>Other</b>				