

Basic Report 15221, Fish, tuna, yellowfin, fresh, cooked, dry heat

Report Date: February 22, 2018 21:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	68.98	58.63
Energy	kcal	130	110
Protein	g	29.15	24.78
Total lipid (fat)	g	0.59	0.50
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	4	3
Iron, Fe	mg	0.92	0.78
Magnesium, Mg	mg	42	36
Phosphorus, P	mg	333	283
Potassium, K	mg	527	448
Sodium, Na	mg	54	46
Zinc, Zn	mg	0.45	0.38
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.134	0.114
Riboflavin	mg	0.137	0.116
Niacin	mg	22.070	18.759
Vitamin B-6	mg	1.038	0.882
Folate, DFE	µg	2	2
Vitamin B-12	µg	2.35	2.00
Vitamin A, RAE	µg	22	19
Vitamin A, IU	IU	65	55
Vitamin E (alpha-tocopherol)	mg	0.29	0.25

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	2.0	1.7
Vitamin D	IU	82	70
Vitamin K (phylloquinone)	µg	0.1	0.1
Lipids			
Fatty acids, total saturated	g	0.205	0.174
Fatty acids, total monounsaturated	g	0.138	0.117
Fatty acids, total polyunsaturated	g	0.175	0.149
Fatty acids, total trans	g	0.020	0.017
Cholesterol	mg	47	40
Amino Acids			
Other			
Caffeine	mg	0	0