

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

**Report Date: November 24, 2017 05:56 EST**

Nutrient values and weights are for edible portion.

| <b>Nutrient</b>                | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>3.0 oz<br/>85g</b> |
|--------------------------------|-------------|---------------------------------|-----------------------|
| <b>Proximates</b>              |             |                                 |                       |
| 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                  |
| <b>Minerals</b>                |             |                                 |                       |
| 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                  |
| <b>Vitamins</b>                |             |                                 |                       |
| 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                  |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3)                | µg          | 2.0                             | 1.7                   |
| Vitamin D                          | IU          | 82                              | 70                    |
| Vitamin K (phylloquinone)          | µg          | 0.1                             | 0.1                   |
| <b>Lipids</b>                      |             |                                 |                       |
| 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                    |
| <b>Amino Acids</b>                 |             |                                 |                       |
| <b>Other</b>                       |             |                                 |                       |
| Caffeine                           | mg          | 0                               | 0                     |