

Basic Report 15222, Fish, turbot, european, cooked, dry heat

Report Date: February 18, 2018 03:36 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 159g
Proximates				
Water	g	70.45	59.88	112.02
Energy	kcal	122	104	194
Protein	g	20.58	17.49	32.72
Total lipid (fat)	g	3.78	3.21	6.01
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	23	20	37
Iron, Fe	mg	0.46	0.39	0.73
Magnesium, Mg	mg	65	55	103
Phosphorus, P	mg	165	140	262
Potassium, K	mg	305	259	485
Sodium, Na	mg	192	163	305
Zinc, Zn	mg	0.28	0.24	0.45
Vitamins				
Vitamin C, total ascorbic acid	mg	1.7	1.4	2.7
Thiamin	mg	0.076	0.065	0.121
Riboflavin	mg	0.097	0.082	0.154
Niacin	mg	2.679	2.277	4.260
Vitamin B-6	mg	0.242	0.206	0.385
Folate, DFE	µg	9	8	14
Vitamin B-12	µg	2.54	2.16	4.04
Vitamin A, RAE	µg	12	10	19
Vitamin A, IU	IU	40	34	64
Lipids				
Cholesterol	mg	62	53	99

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 159g
Amino Acids				
Other				