

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

Report Date: November 24, 2017 06:21 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 159g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Cholesterol	mg	62	53	99

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<b>Amino Acids</b>				
<b>Other</b>				